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2012 june/july

fashion



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Summer must-haves for cheap!



hot bags, cool prices! p.32
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the only new stuff you need! p. 36
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summer's best new tees Stock up now.



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Make these mega-hot trends or just buy 'em!



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$20 can score you the cutest pieces!

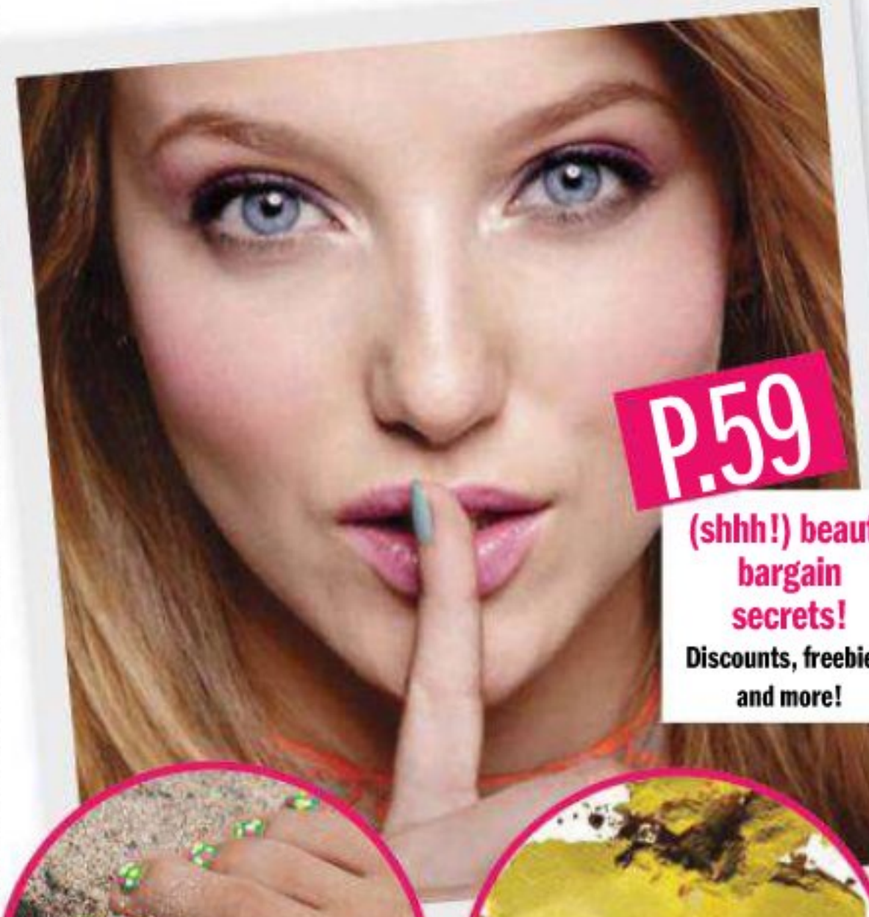


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The winners of the Fiercely Real Model Contest!



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beauty



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(shhh!) beauty bargain secrets!
Discounts, freebies, and more!



find your perfect look! p. 70
A Latina girl's guide to amazing hair and makeup.



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get a perfect pedi—for free!
p.80 All your need are a few DIY tricks and your favorite polish.



summer-ize your makeup!
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take a beauty break
p. 138 Let your natural beauty shine through this summer!

on the cover



FASHION PHOTOS, FROM LEFT: (TOP ROW) CHRIS ECKERT/STUDIO D; JESUS AYALA/STUDIO D (2); WILLIAMS + HIRAKAWA; CHRIS ECKERT/STUDIO D; (BOTTOM ROW) JESUS AYALA/STUDIO D (2); NO CREDIT; J. RYAN ROBERTS/STUDIO D; (BOTTOM ROW) JESUS AYALA/STUDIO D (2); WILLIAMS + HIRAKAWA; CHRIS ECKERT/STUDIO D; NICK SAGLIMBENI. BEAUTY PHOTOS, FROM LEFT: (TOP ROW) PETER ROSA/STUDIO D; J MUCKLE/STUDIO D; (BOTTOM ROW) OLIVIA GRAHAM; PHILIP FRIEDMAN/STUDIO D; OLIVIA GRAHAM.


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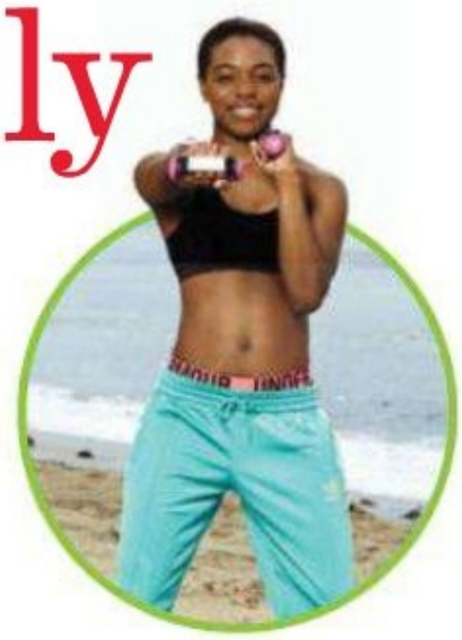
june/july

CELEB FITNESS SPECIAL

Workouts, recipes, tips & more! Rip it out and save it forever!



work out anywhere! p. 90
Stay fit while you're having fun!



hollywood's hottest workouts
p. 92 Get bikini-ready fast!



yummy food secrets from the stars!
p.98 Stay pumped all day with these delish ideas.



"i lost 25 lbs!" p.100
American Idol's Lauren Alaina shares her tips for getting healthy.



your summer fit-spiration! p. 102 The best body-peace mantras ever.

love



your summer bucket list! p. 104
Little love chances to take before fall!



are your moves sexy or snoozy? p. 106
Take the quiz to find out!



juicy Qs for chris zylka p. 107
The Amazing Spider-Man star (and Lucy Hale's BF) tells all.



weird party behaviors explained p. 108
Real guys break it down for you.

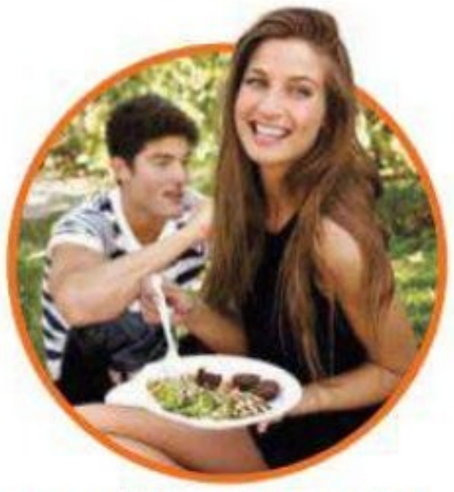


sneaky ways to keep things casual
p. 109 Have flirty fun with zero BF pressure.

life



"i overdosed on synthetic drugs!"
p. 110 Layla spills about her scary ordeal.



save $$$ and still have fun!
p. 112 Ideas your crew will love.



get killer confidence! p. 113
Julianne Hough spills her tricks.



#yolo p. 148 Have the summer adventure you've been dreaming of!



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- hot guys
- celebs
- party playlists
- fun quizzes
- tons of freebies and more!

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P.134

superhero love!
Activate *your* powers of flirtation. (Cape optional!)

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june freebies

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

HOW TO ENTER: Starting June 1, log on to **seventeen.com/freebies** every day and type in the Freebie Phrase of the Day [in red] to be eligible to win that day's prize. But hurry—each Freebie will be live for just 24 hours beginning at 12 A.M. ET. Winners will be posted online the next weekday by 10 A.M. ET. Go to **seventeen.com/freebies** or see page 152 for details.

Save this calendar for a chance to win every day in June!

DREAM OUT LOUD

1



1 winner gets a red-and-white ruffle top
[red]

2



1 winner snags a tribal summer skirt
[tribal]

DREAM OUT LOUD

3



1 winner scores a lime-green cropped top
[lime]

4



1 winner gets a pair of electric-blue jeggings
[jeggings]

5



1 winner takes home a black sundress
[sunny]

6



1 winner snags a tiered lime-green top.
[bright]

7



1 winner gets a pair of red jeggings
[skinny]

8



1 winner scores a pair of olive-green cargo shorts
[cargo]

9



1 winner takes home a blue striped cropped top
[striped]

MAKE ME CHIC

10



1 winner gets a funky zigzag summer dress
[funky]

11



1 winner snags a sweet pink sundress
[sweet]

12



1 winner takes home a girly floral frock
[floral]

13



1 winner scores a red-and-magenta dress
[colorful]

14



1 winner gets a yellow striped summer dress
[yellow]

15



1 winner scores a black-and-pink polka-dot dress
[dots]

16



1 winner snags a colorful striped tube dress
[strapless]

JUNK FOOD

17



1 winner takes home a light-pink graphic tee
[roller]

18



1 winner gets a graphic sleeveless shirt
[surf]

19



1 winner snags a graphic cropped top
[graphic]

20



1 winner scores a teal Venice shirt
[venice]

21



1 winner gets an orange graphic tee
[orange]

22



1 winner takes home a teal graphic tank
[yo]

23



1 winner snags a "hot lips" graphic tee
[lips]

BABY PHAT

24



1 winner gets a black peacock-feather tank
[peacock]

25



1 winner scores a black strapless maxidress
[maxi]

26



1 winner takes home a green zigzag romper
[romper]

27



1 winner snags a zigzag maxiskirt
[glam]

28



1 winner gets a strapless black chiffon dress
[chiffon]

29



1 winner takes home a striped red cropped top
[summer]

30



1 winner snags a white peacock-feather tank
[feather]

ALL STILL LIFES: COURTESY OF COMPANIES.

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SUMMER CLOTHING BLOWOUT!

july freebies

GRAND PRIZE

$500 shopping spree!



Brighten up your wardrobe with a closet full of new summer styles! Go to **seventeen.com** every day to enter.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
UNIONBAY	**1**  1 winner snags a pair of cropped denim jeans [comfy]	**2**  1 winner takes home a pair of khaki shorts [khaki]	**3**  1 winner scores a pair of cropped red pants [preppy]	**4**  1 winner gets a pair of blue shorts [blue]	**5**  1 winner snags a brown-and-red V-pattern tank [breezy]	**6**  1 winner gets a pair of lightweight jeggings [vacation]	**7**  1 winner scores a pair of button-down shorts [casual]
MOTEL ROCKS	**8**  1 winner takes home a pastel British-flag dress [london]	**9**  1 winner gets an open-back coral romper [tropical]	**10**  1 winner snags a mod pink-and-gray dress [mod]	**11**  1 winner takes home a floral romper [blossom]	**12**  1 winner scores a curve-hugging gray dress [date]	**13**  1 winner gets a red floral-print romper [feminine]	**14**  1 winner snags a black-and-white party dress [cursive]
URBANOG	**15**  1 winner gets a purple racerback top [purple]	**16**  1 winner scores a coral floral sundress [coral]	**17**  1 winner snags a vibrant one-sleeve tunic [tunic]	**18**  1 winner takes home a light-pink polka-dot top [girly]	**19**  1 winner gets a ruffled blue cropped top [sunset]	**20**  1 winner snags a pink racerback heart tank [heart]	**21**  1 winner scores a pleated green dress [pleated]
BLUE PLATE	**22**  1 winner snags a yellow embroidered tunic [party]	**23**  1 winner takes home a colorful V-neck tunic [beachy]	**24**  1 winner gets a neon green–and-black tunic [bold]	**25**  1 winner scores a yellow dress with tribal details [seashore]	**26**  1 winner snags a dual-patterned dress [printed]	**27**  1 winner gets a blue button-down romper [cute]	**28**  1 winner takes home a fitted print dress [fitted]
BLUE PLATE	**29**  1 winner gets a pink-and-black floral top [fresh]	**30**  1 winner scores a ruffled yellow skirt [flirty]	**31**  1 winner takes home a Hawaiian-print top [hawaii]				

Save this calendar for a chance to win every day in July!

HOW TO ENTER: Starting July 1, log on to **seventeen.com/freebies** every day and type in the Freebie Phrase of the Day [in red] to be eligible to win that day's prize. But hurry—each Freebie will be live for just 24 hours beginning at 12 A.M. ET. Winners will be posted online the next weekday by 10 A.M. ET. Go to **seventeen.com/freebies** or see page 152 for details.

ALL STILL LIFES: COURTESY OF COMPANIES.

A NEW ABC FAMILY ORIGINAL SERIES

Sometimes life
raises the barre.

Bunheads

From Executive Producer Amy Sherman-Palladino, the creator of ***Gilmore Girls***

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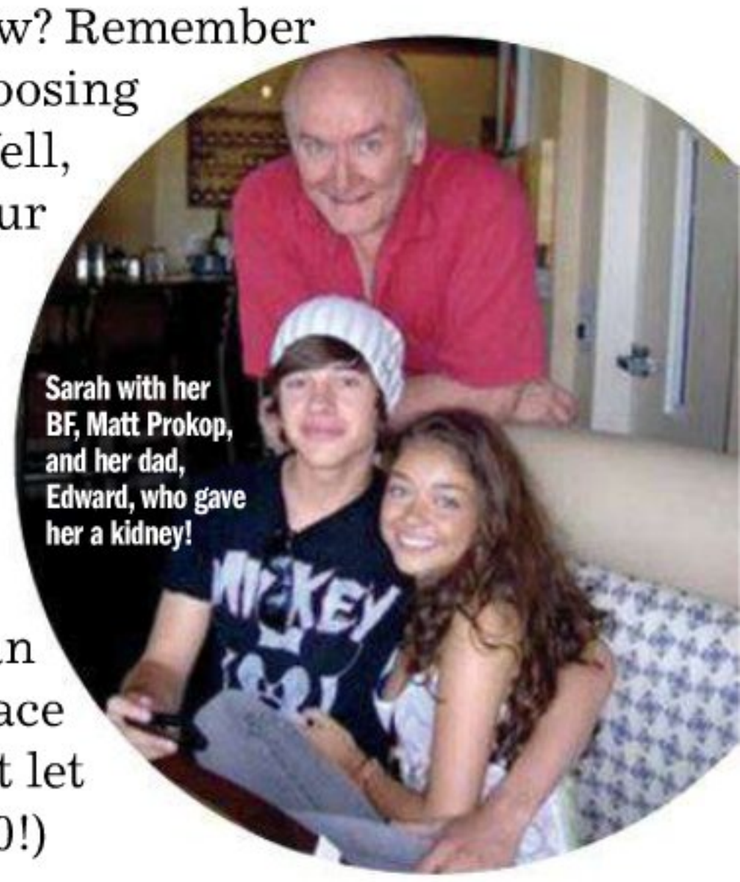
#1 DERMATOLOGIST RECOMMENDED

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hi from ann



I love that huge last day of school/first day of summer feeling when you race out of class, grab your friends, and celebrate being young and having fun! The next three months hold *endless* possibilities—and trust me, this summer is going to be **amazing** for you! How do I know? Remember in the February issue when I wrote about choosing the word *brave* as my mantra for the year? Well, I'm declaring this our **Brave Summer**—and our cover star, Sarah Hyland, is showing us the way. I've never met a young woman with so much **strength,** poise, and fearlessness. In a *Seventeen* exclusive, she reveals how she's been dealing with impending kidney failure since she was a kid, yet she never let it get in the way of her **dreams** of becoming an actress. Imagine the bravery it took for her face down her disease and vow that she would not let it win. (Read her incredible story on page 120!) She's seriously my **hero.**



Sarah with her BF, Matt Prokop, and her dad, Edward, who gave her a kidney!

But you don't need to be suffering from a major illness to want to live every single drop of life! Check out the girls in our '**#YOLO**' story (page 148). These chicks decided that if you only live once, you can't have any regrets about the things you 'shoulda, woulda, **coulda'** done! Whether it's as personal as confessing to your best friend that you're in **love** with him, or as dramatic as preparing to break a world record, you'll find that your world gets a little bigger and your soul gets a little **stronger** every time you go for what you want.

So how will *you* be brave this summer? Tweet me **@annshoket #17bravesummer**!

XOXO
-A.

big moments in bravery!

Follow the lead of these peeps who made their mark on the world!



Balraj Singh of Grand Rapids, MI, posted a video to YouTube asking Kendall Jenner to prom! Okay, so she said no—but you can't blame a guy for trying. Search for Balraj Singh Prom on youtube.com to check him out!



Josh Hutcherson was honored by GLAAD for his activism in the gay and lesbian community. He's straight, but he said losing his two great-uncles to AIDS fueled his desire to help.

When 16-year-old Bailey Gerhardt of Roy, UT, received a weird text from a classmate asking her to stay home on a specific day, she alerted authorities—and foiled a plot to blow up the school!



PS:

who do *you* think is

PRETTY AMAZING?

Help us decide who should be on our cover!

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- **Watch exclusive videos**
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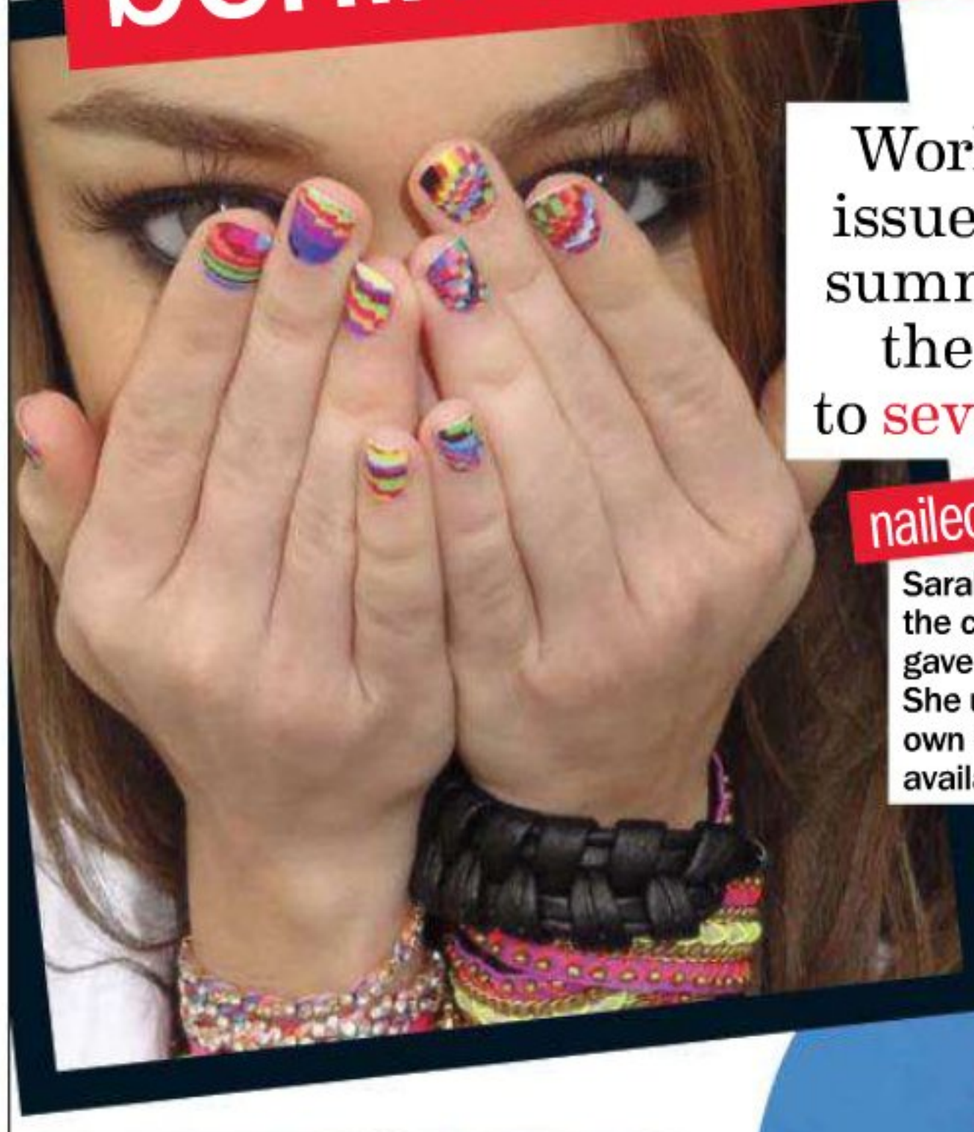
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*Based on Symphony/IRI Group data
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to area and person to person.

behind *the* scenes at seventeen

Working on a summer issue is almost as fun as summer itself! To see all the good times, head to seventeen.tumblr.com.



nailed it!

Sarah Hyland rocked brights on the cover, so manicurist Kimmie gave her major nails to match! She used a design from her very own Kimmie Kyees line from Minx, available at minxnails.com.



supergirl!

On the set of the shoot for "Superhero Love!" (page 134), our photo team asked model Shelby to test her *own* superhuman strength.



made in shades!

Senior Fashion Editor Annebet (left) peeps through the backup sunglasses she had on hand for "Take a Beauty Break" on page 138.



¡que bonitas!

Beauty Director Yesenia judged a special episode of *Nuestra Belleza Latina* on Univision—the winners got to appear in the Latina Beauty Special, "Find Your Perfect Look!" on page 70!



get *the* cover look



ON THE COVER: Top, H&M; shorts, OndadeMar; pink-and-gold necklace, Venessa Arizaga; pendant necklace, Ranjana Khan; bangles, Ben-Amun.



ON THE COVER: One-piece, Nautica Swimwear; skirt, Asos; rope necklace, Peppercotton; pendant necklace, Ranjana Khan; white collar, Alexis Bittar; neon rope and gold bracelets, Nissa Jewelry; black bracelet, Orly Genger by Jaclyn Mayer; beaded bracelet, Ana Karolina; navy bracelet, R.J. Graziano; belt, AMI Clubwear.

Fashion Stylist: Susan Joy. **Hair:** Campbell McAuley. **Makeup:** Mylah Morales. **Manicure:** Kimmie Kyees. **Photograph:** Stewart Shining.

eyeliner
Revlon Colorstay Crème Gel Eye Liner in Brown, **$10,** drugstores

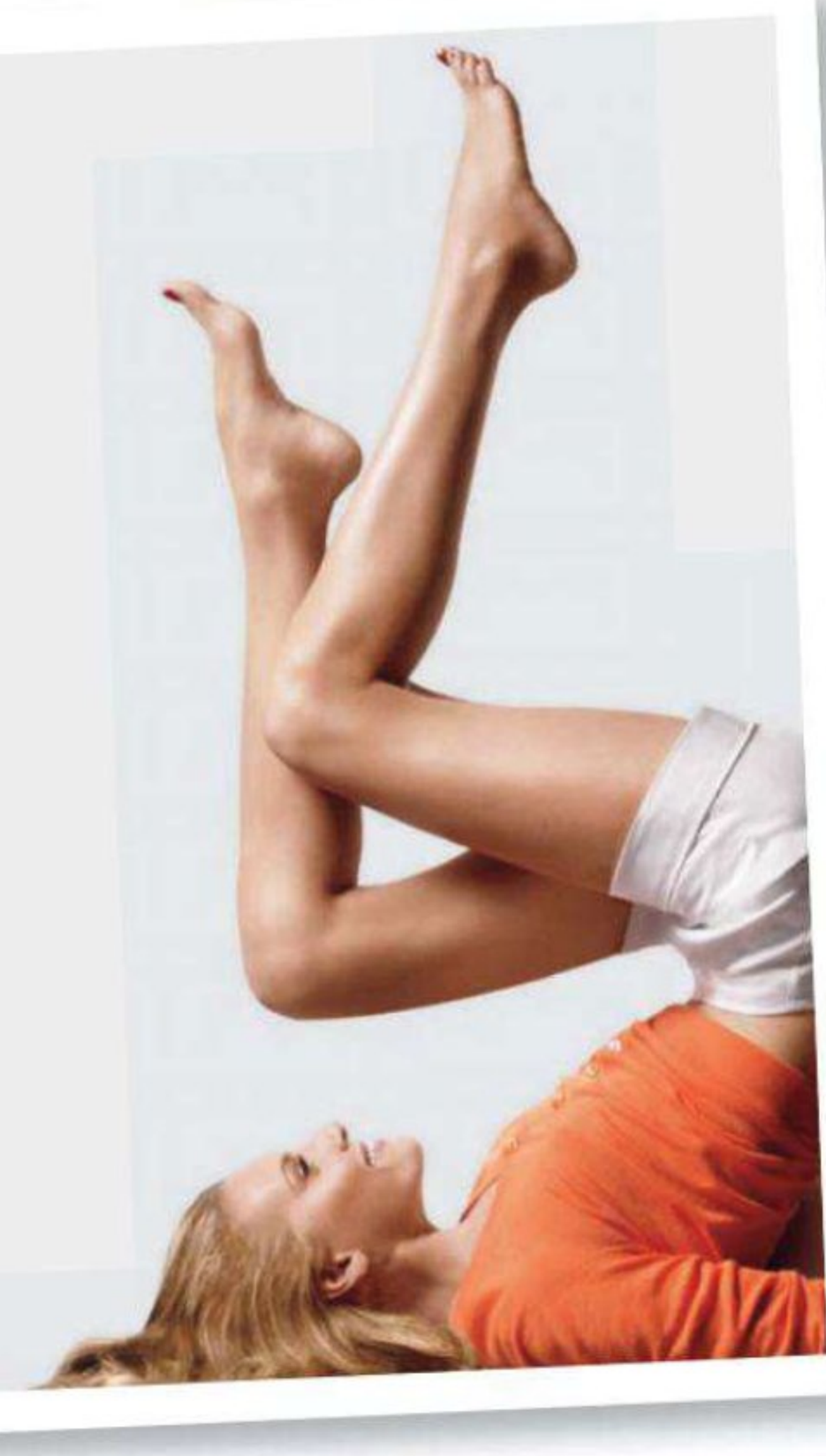
lip gloss
Revlon Colorburst Lipgloss in Peony, **$8,** drugstores



*"SUPERGIRL!" AND "¡QUE BONITA!" PHOTOS: CHRIS ECKERT/STUDIO D. "MADE IN THE SHADE!" INSET: OLIVIA GRAHAM. STILL LIFES: (EYELINER) DON PENNY/STUDIO D; (LIP GLOSS SWIRL) JESUS AYALA/STUDIO D.

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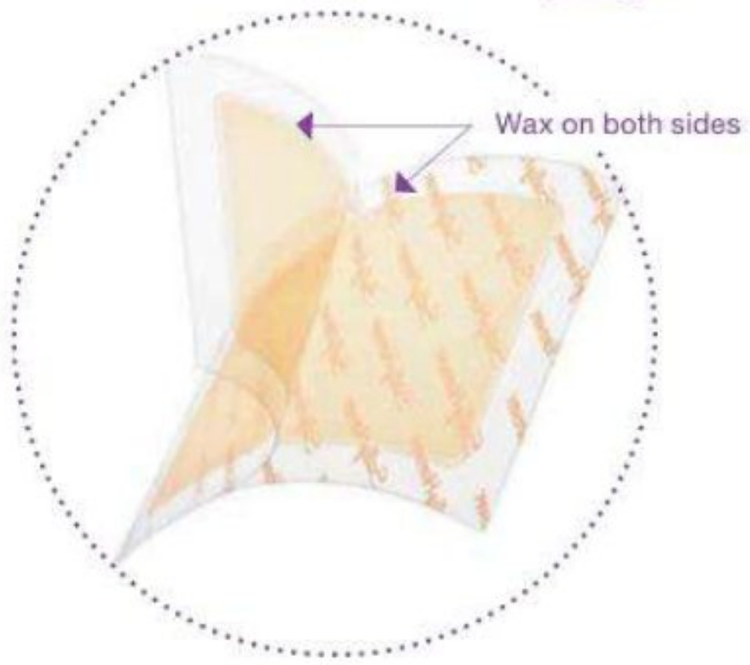
3 remove



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mascaras (from top): LA Splash Mascara in French Burgundy, **$7,** lasplashcosmetics.com; Hard Candy 1,000 Lashes Fiber Mascara in Heartthrob, **$6,** Walmart stores; Hard Candy Lash Tinsel Glitter Mascara in Gold Digger, **$6,** Walmart stores; Physicians Formula Shimmer Strips Custom Eye Enhancing Mascara Duo for Green Eyes, **$11,** drugstores; Inglot Colour Play Mascara in 02 Green, **$10,** inglotusa.com; Make Up For Ever Smoky Lash Mascara in #4, **$23,** Sephora stores; LA Splash Mascara in Hypnotic Teal, **$7,** lasplashcosmetics.com; Tokidoki Punk Lash Mascara in Baby Rocker, **$18,** Sephora stores; Dior Diorshow Mascara in 258 Azure Blue, **$25,** department stores; Make Up For Ever Smoky Lash Mascara in #6, **$23,** Sephora stores; Physicians Formula Shimmer Strips Custom Eye Enhancing Mascara Duo for Hazel Eyes, **$11,** drugstores.

STILL LIFES: DON PENNY/STUDIO D.

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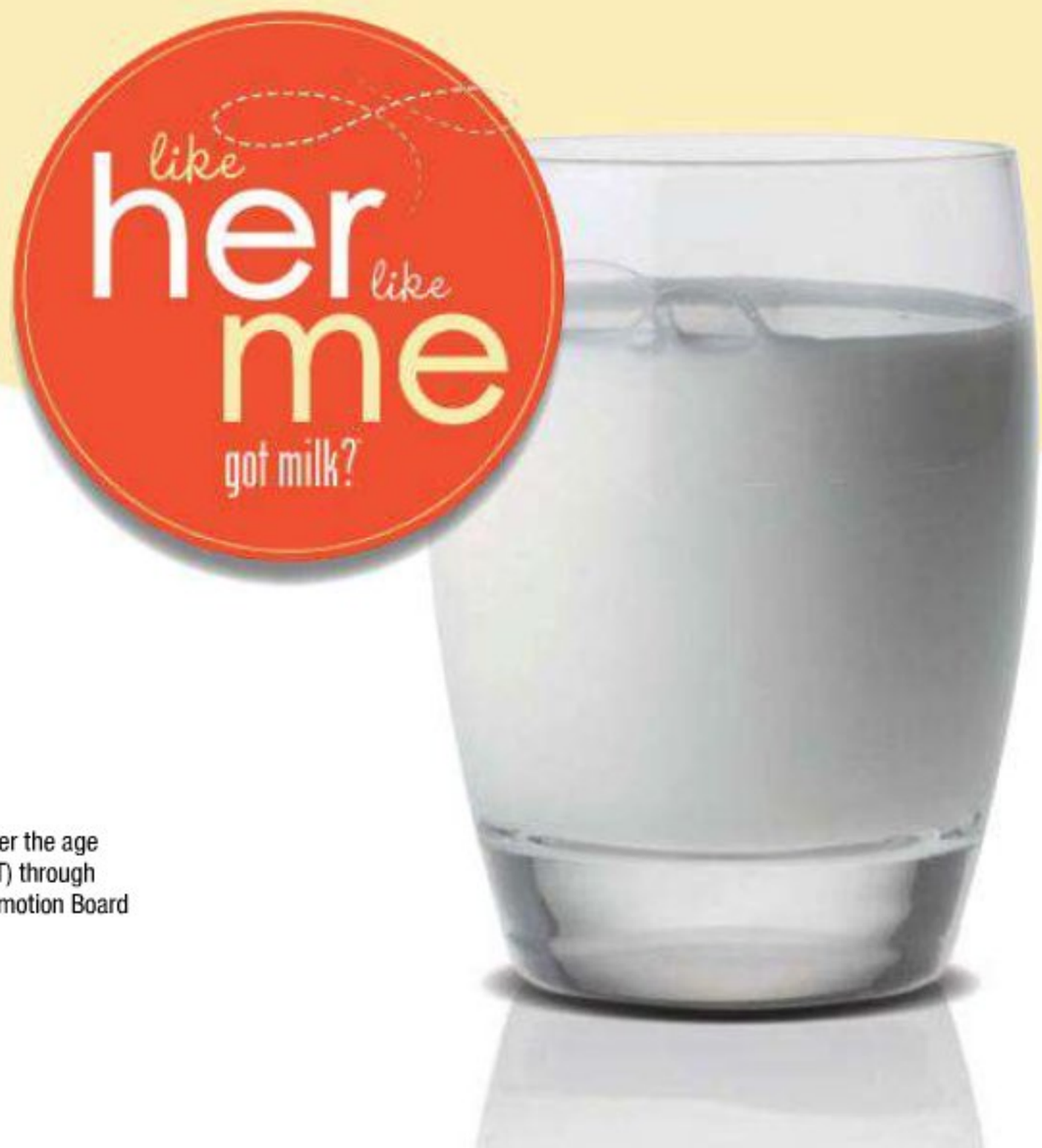
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eyeliners (from top): Rimmel London Soft Kohl Kajal Eyeliner Pencil in Jungle Green, **$4,** drugstores; JK by Jemma Kidd I-conic Eyes Pencil Liner in 04 Drama Queen, **$14,** Target stores; Wet n Wild Color Icon Brow & Eye Liner in Turquoise, **$1,** drugstores; E.l.f. Shimmer Eyeliner Pencil in Grassy Green, **$3,** Target stores; Urban Decay 24/7 Glide-On Eye Pencil in Electric, **$19,** Sephora stores; Hard Candy Take Me Out Liner in Sailor, **$5,** Walmart stores; Victoria's Secret Beauty Rush Sparkle Liner in Bluminescent, **$7,** Victoria's Secret stores; NYC New York Color Showtime Glitter Pencil in Paparazzi Purple, **$3,** drugstores; L'Oréal Paris HIP Studio Secrets Professional Color Chrome Eyeliner in Violet Volt, **$10,** drugstores; E.l.f. Shimmer Eyeliner Pencil in Plum Passion, **$3,** Target stores; Jesse's Girl Eyeliner Pencil in Lilac Shimmer, **$2,** Rite Aid stores; NYX Cosmetics Slide On Pencil in Pink Suede, **$8,** ULTA stores; Urban Decay 24/7 Glide-On Eye Pencil in Woodstock, **$19,** Sephora stores; NYX Cosmetics Slide On Pencil in Jewel, **$8,** ULTA stores.

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what *you* think!

Stuff you're talking about *right* now.



GIRL ON FIRE

"Jennifer Lawrence seems fun, restless, super-driven—exactly like me and my friends! After finishing her interview, I felt like I had just had a conversation with her. The beautiful horses were an added bonus. Thank you for choosing an awesome cover girl!"

–KATE, 18, DES MOINES, IA

short notice



"I got so excited when I flipped to the 'Short & Sweet!' story in the April issue and saw that it was all styled for short hair! I recently cut off 10 inches and was completely lost when it came to styling it. Thank you so much for all the new options!"

–SUMNER, 17, CAMPBELL RIVER, BC, CANADA



FEELING FIERCE?

Thousands of you entered Seventeen and Tyra Banks's Fiercely Real modeling competition, and you can see the finalists on page 144! Check out Tyra's site typeF.com for behind-the-scenes snaps of our photo shoot, and seventeen.com/fiercelyreal for videos of the models and much more!

LAWRENCE: MATT JONES. FIERCELY REAL MODELS: ANNA PALMA.

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seventeen BEAUTY SMARTIES SHOWDOWN!



Head to **youtube.com/hellostyle** every Thursday for a new episode of *Seventeen*'s Beauty Smarties Showdown! You'll see our real-girl experts face off in wild makeup challenges, with awesome appearances by celeb guests! Plus it's hosted by *Pretty Little Liars* star Shay Mitchell. Check it out!

Our host Shay Mitchell with celeb guest Erica Dasher from *Jane by Design*!

control issues

"What No One Tells You about Birth Control" [April 2012] sparked *a lot* of conversation. What do you think?

PLEASED!

"Birth control makes my period easier to deal with, but the best part is knowing that I'm in control and doing what I can to prevent pregnancy. I get the Pill from Planned Parenthood, so it's totally confidential. Thank you for letting girls know about this!"

–JESSIE, 18, BATH, MI

PEEVED!

"I was very disappointed in your article, particularly when you said that parents don't have to know. If you're not mature enough to discuss sex with your parents, maybe you're not mature enough to have it. There's really no rush."

–EMILY, 18, NORMAL, IL

FICTION CONTEST WINNER!



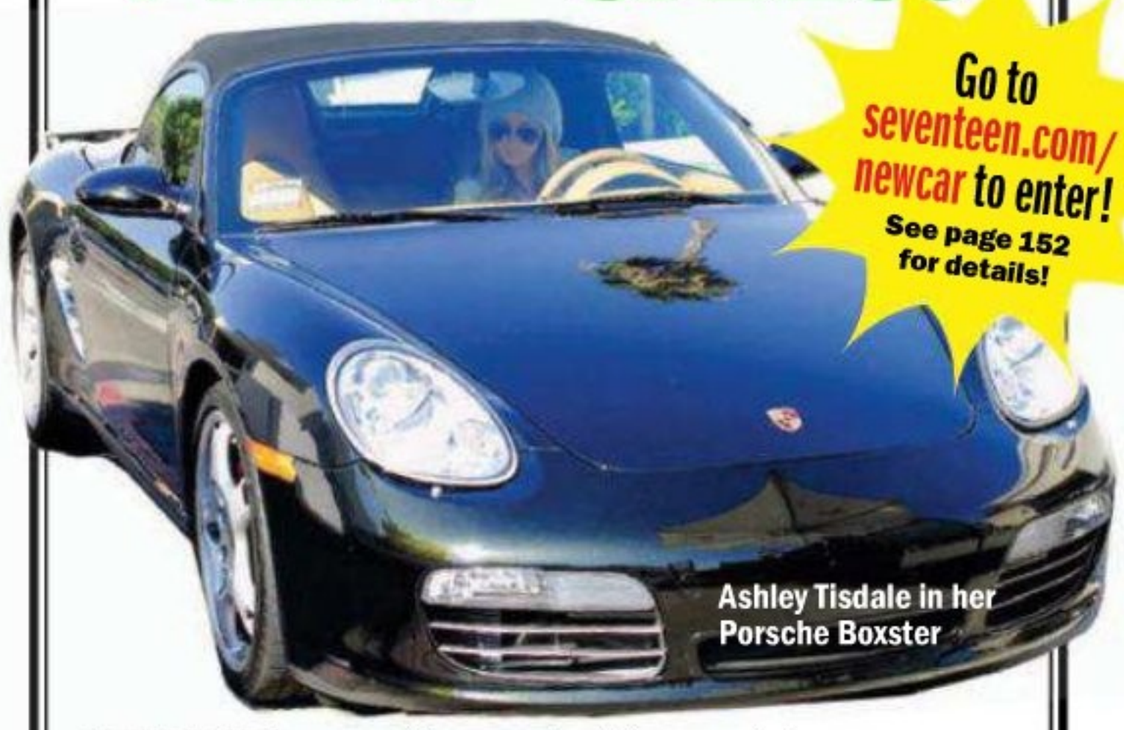
Congrats to Alexandra Kukoff, winner of the 2011 Seventeen Fiction Contest, as chosen by Seventeen, writing site Figment.com, and Shiver trilogy author Maggie Stiefvater! You can read Alex's winning story, "Glass," at seventeen.com/fiction!

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See page 152 for details!

Ashley Tisdale in her Porsche Boxster

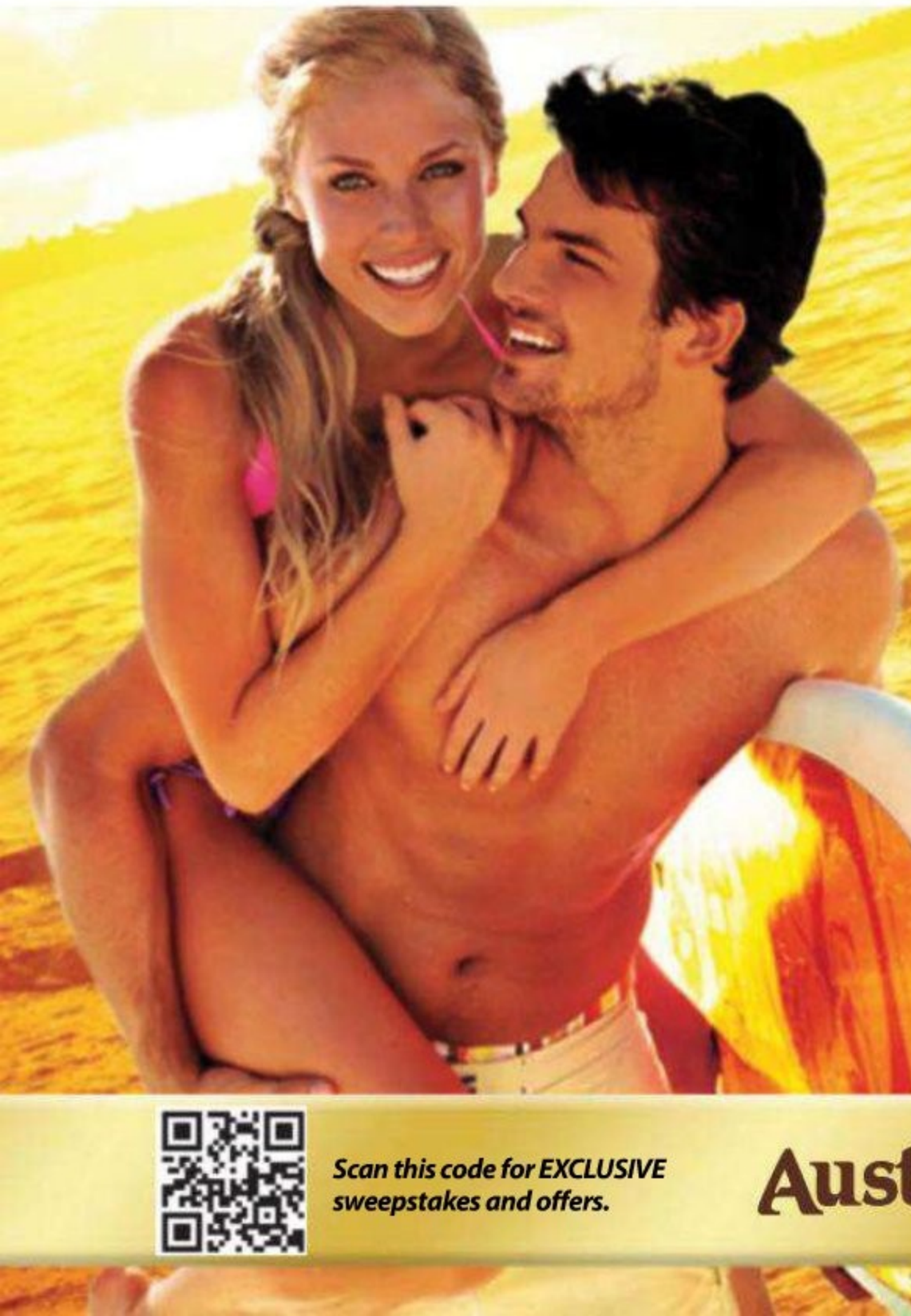
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PICK YOUR 2012

SONG OF THE SUMMER

Every sunny season brings a few unforgettable tunes: These are *Seventeen* and MTV's predictions for your new musical obsessions. Head to seventeen.com/summersongs to hear clips and vote for *your* favorite!





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fashion

riley, 16

SPECIAL bargain SECTION!

20 UNDER $20!

Get set for the season and still have pizza money to spare! Here are summer's cutest picks for the lowest prices!

1. ZIGZAG DRESS

dress
Sizes S–L, Urbanog,
$20, urbanog.com

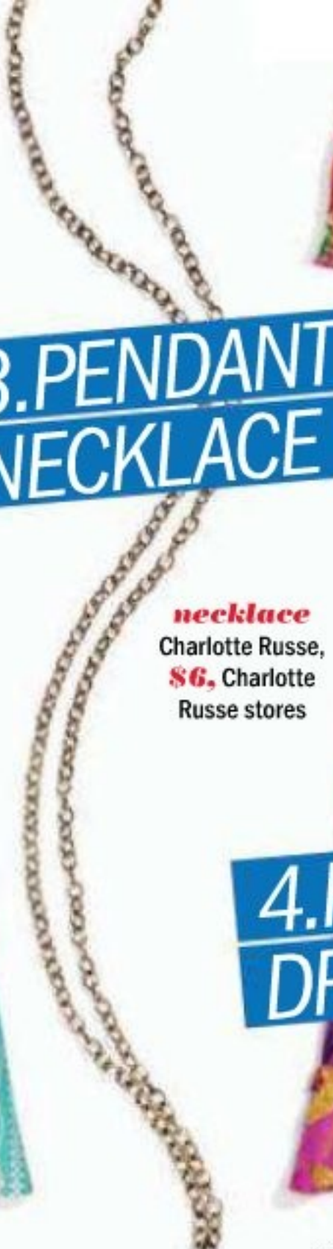
REAL-GIRL PHOTOS: CHRIS ECKERT/STUDIO D. SENIOR FASHION EDITOR: ANNEBET DUVALL. HAIR: HIKARI FOR RENE FURTERER/CELESTINE AGENCY. MAKEUP: ERIN LEE SMITH AT TRACEYMATTINGLY.COM. ON RILEY: TANK, BIG STAR; SUNGLASSES, QUAY EYEWARE; EARRINGS, GIRLPROPS; BELT AND WATCH, LULU'S; BRACELET, GOJANE; SNEAKERS, H&M. STILL LIFES: JESUS AYALA/STUDIO D. STILL LIFES STYLIST: CLAIRE TEDALDI FOR HALLEY RESOURCES.



tank
Sizes XS–L, Dots, **$15,** dots.com

2.PRINTED TANK

3.PENDANT NECKLACE



necklace
Charlotte Russe, **$6,** Charlotte Russe stores



4.FLORAL DRESS

dress
Sizes S–XL, Rue21, **$19,** Rue21 stores

5.STATEMENT BANGLE

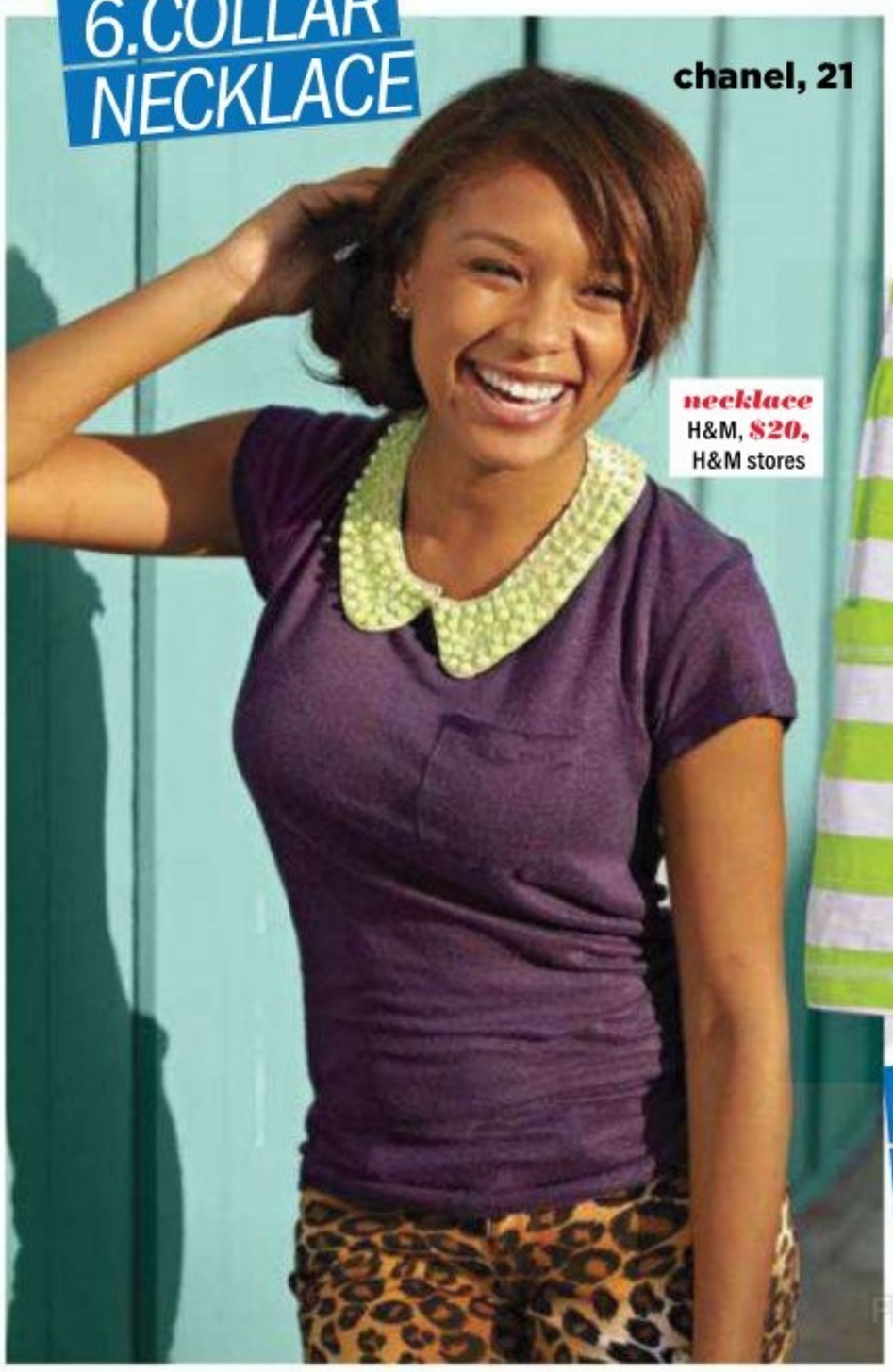


bangle
Make Me Chic, **$7,** makemechic.com



watch
Lulu's, **$17,** lulus.com

6.COLLAR NECKLACE



necklace
H&M, **$20,** H&M stores

7.ARTSY WATCH



10.STRIPED SKIRT

skirt
Sizes XS–XL, Aéropostale, **$20,** Aéropostale stores and aeropostale.com



8.POLKA-DOT BLOUSE

tank
Sizes S–L, Urban 1972, **$20,** urban1972.com



9.JELLY FLATS

flats
Sizes 6–10, Forever 21, **$15,** select Forever 21 stores and forever21.com

11.GRAPHIC BANGLES



bangles
Urbanog, **$8** for set of seven, urbanog.com

ON CHANEL: TEE, QUIKSILVER; PANTS, JUDY BLUE; EARRINGS, GIRLPROPS. ON RILEY: SHORTS AND HEELS, MAKE ME CHIC; NECKLACES, LULU'S.

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12.BRIGHT SHORTS

shorts
Sizes S–L, AMI Clubwear, **$20,** amiclubwear.com

13.COLORFUL ESPADRILLES

flats
Sizes 6–10, Target, **$17,** select Target stores and target.com

14.TROPICAL TEE

tee
Sizes XS–XL, So, **$20,** Kohl's and kohls.com

sunglasses
Giant Vintage, **$20,** giantvintage.com

15.ANIMAL-PRINT SHADES

16.OVERSIZE EARRINGS

earrings
Lulu's, **$14,** lulus.com

tank
Sizes S–L, Lovemode, **$20,** lovemode.com

17.RACERBACK TANK

18.SUMMER SCARF

scarf
jcpenney, **$15,** jcpenney and jcp.com

19.EMBELLISHED DENIM SHORTS

shorts
Sizes 1–15, Bongo, **$14,** Kmart stores

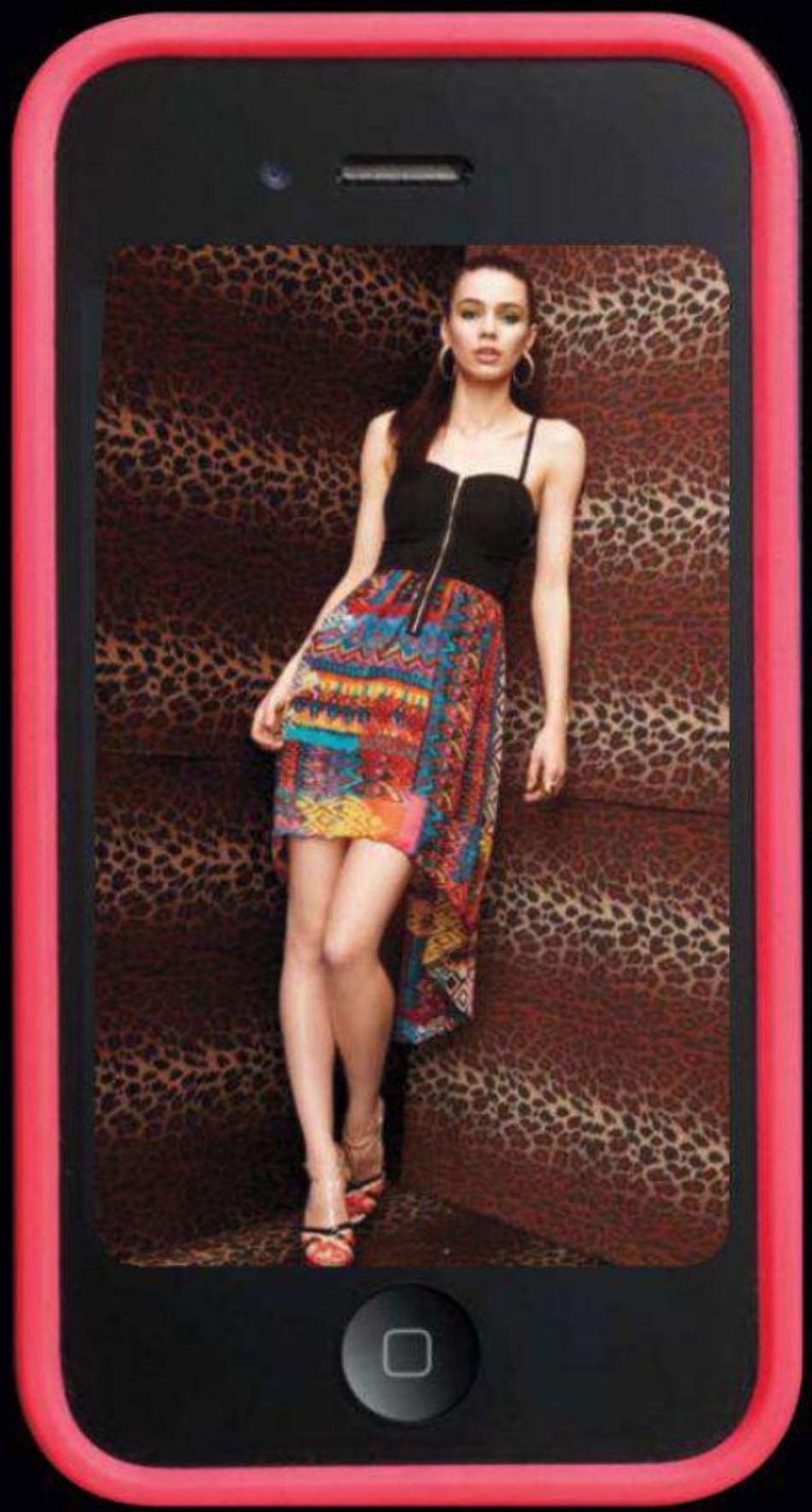
20.TIE-DYED SKIRT

skirt
Sizes S–L, Make Me Chic, **$16,** makemechic.com

ON CHANEL: TOP, H&M; EARRINGS, BY BOE; NECKLACES, KELACALA Q; BRACELET, CHANEL'S OWN. ON RILEY: TEE, BIG STAR; BELT, MAKE ME CHIC; BRACELETS, AMI CLUBWEAR; WEDGES, JELLYPOP SHOES.

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clutch



textured
Merona for Target, **$20,** select Target stores and target.com

snakeskin
AMI Clubwear, **$35,** amiclubwear.com

floral
Lulu's, **$31,** lulus.com

buckles
Urbanog, **$30,** urbanog.com



top-handle

emerald
Asos, **$27,** asos.com

pink
American Living, **$14,** jcp.com

black
Make Me Chic, **$22,** makemechic.com

blue
Zion, **$35,** lulus.com





cross-body

chain
GoJane, **$33,** gojane.com

zigzag
A.n.a, **$35,** jcp.com

neon
Urbanog, **$35,** urbanog.com

raffia
Forever 21, **$25,** select Forever 21 stores and forever21.com





tote

purple
Vieta, **$35,** lulus.com

orange
Make Me Chic, **$26,** makemechic.com

leopard
Forever 21, **$25,** select Forever 21 stores and forever21.com

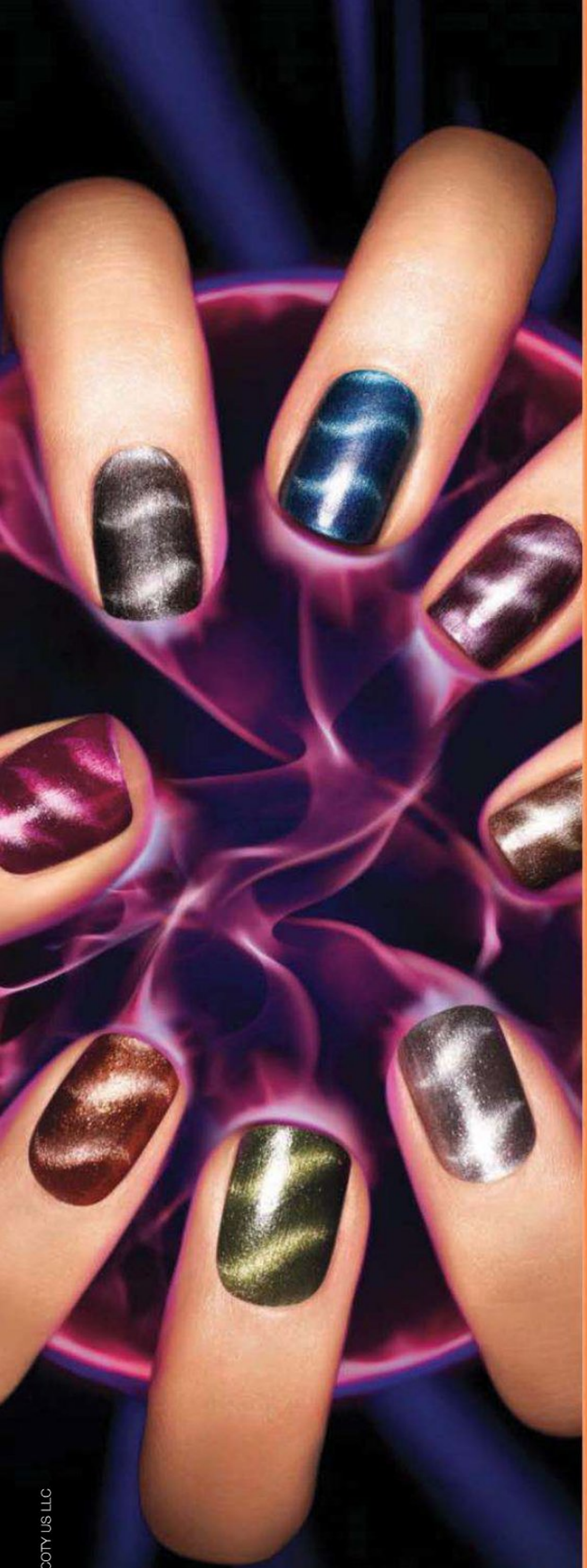
green
AMI Clubwear, **$35,** amiclubwear.com



STILL LIFES: JESUS AYALA/STUDIO D. STILL LIFES STYLIST: CLAIRE TEDALDI FOR HALE: VISUAL/FAMEFLYNET PICTURES. COLLINS: K818/FAMEFLYNET PICTURES. BENSON: JON KOPALOFF/FILMMAGIC. GOMEZ: YAMALYAN/SPLASH NEWS. HALE: VALLEY RESOURCES.

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summer's best new

masha, 19

Your look doesn't have to be girly to be sexy! A tucked-in tomboy shirt shows off your figure in a subtle way.

Show off the cool graphic hem by wearing it with bright jeans!

Try out two trends at once! Layer skinny stripes under a neon dress for major fashion impact.

high-low

tee Sizes XS–XL, Fox, ***$30,*** foxhead.com. ***pants*** H&M.
sunglasses Carerra. ***jewelry*** Lulu's. ***heels*** Seychelles.

sporty v-neck

tees Sizes XS–XL, Soffe, ***$20*** each, soffe.com. ***jeans*** AG Jeans.
necklaces and rings Urbanog. ***bangles*** Alexis Bittar.
belt Superdry USA. ***heels*** Make Me Chic.

skinny stripes

tee Sizes S–L, Rainbow, ***$13,*** Rainbow stores and rainbowshops.com.
dress Amanda Uprichard. ***earrings and necklace*** GoJane.
bag Urbanog. ***ring*** Jennifer Fisher Jewelry. ***sandals*** Sam Edelman.

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tees

That drawer full of basic tees is about get an upgrade! Make your collection cuter with these picks—**all $30 and under.**

Draw attention to an eye-catching glimpse of skin by wearing this peekaboo top with a neon bra.

Mix this edgy tee with a girly skirt—the result is an artsy feel that's not too sweet!

Complement the coolness of a relaxed graphic tee when you wear it with loose slouchy pants.

Shop on your iPhone or iPod touch!



Browse tons of T-shirts now on the new *Seventeen* Ultimate Fashion Flipbook iPhone app! Download it for free on iTunes!

backless

tee Sizes S–L, Love Mode, **$21,** lovemode.com. ***shorts*** Hudson. ***earrings*** Betsey Johnson. ***bangles*** Lulu's. ***belt*** Meredith Wendell. ***sandals*** Nine West.

printed

tee Sizes S–L, Flirt Catalog, **$30,** flirtcatalog.com. ***skirt*** Corey Lynn Calter. ***braided necklace*** Frieda and Nellie. ***wedges*** Dollhouse.

graphic

tee Sizes S–XL, Element, **$28,** elementeden.com. ***pants*** Trovata. ***hair clips*** Girlprops. ***belt*** Linea Pelle. ***bangles*** Rosena Sammi. ***heels*** Colin Stuart.

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ON MASHA: (PRINTED) ORANGE-AND-GOLD NECKLACE, MAKE ME CHIC; FLORAL RING, FOREVER 21; GOLD RING, LOW LUV.

the only new stuff you need!

Don't buy a whole new wardrobe. With these essentials, you're set for a summer of style!

TURN FOR THE LOOKS!

cropped sweater

sweater
Sizes S–L, Mind Code, **$18,**
amiclubwear.com

sleeveless blouse

shirt
Sizes 2–12, H&M, **$13,**
H&M stores

cool hoodie

hoodie
Sizes XS–XL, O'Neill, **$50,**
shoponeillusa.com

graphic pencil skirt

skirt
Sizes S–L, Element, **$30,**
elementeden.com

high-low dress

dress
Sizes S–L, Marquis, **$35,**
urbanog.com

lace blazer

blazer
Sizes S–L, Lulu's, **$36,** lulus.com

flowy skirt

skirt
Sizes S–L, Make Me Chic, **$16,**
makemechic.com

electric-blue jeans

jeans
Sizes 25–31, Urbanog, **$30,**
urbanog.com

distressed shorts

shorts
Sizes 00–16, American Eagle Outfitters, **$40,**
American Eagle Outfitters stores and ae.com

bandeau top

bandeau
Sizes S–L, Flirt Catalog, **$15,**
flirtcatalog.com

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WITH **3X MORE COLLAGEN AND KERATIN**.†
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IT MIGHT AS WELL BE MASSIVE.

GEORGIA MAY JAGGER wears shade 001 Black

RIMMEL

GET THE **LONDON** LOOK

50% LARGER BRUSH†

†Compared to Volume Flash The Max.

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YOUR LOOKS!



sleeveless blouse + *cool hoodie* + *graphic pencil skirt* = **MOVIE NIGHT**

bangles Lulu's, **$28** for set of four, lulus.com. ***sneakers*** Sizes 5–11, Adidas Originals, **$55,** shopadidas.com.



high-low dress + *distressed shorts* = **POOL PARTY**

hat Lulu's, **$14,** lulus.com. ***necklace*** Mixit by jcpenney, **$14,** jcp.com. ***belt*** AMI Clubwear, **$10,** amiclubwear.com. ***sandals*** Sizes 5½–10, Qupid, **$22,** urbanog.com.



sleeveless blouse + *bandeau top* + *electric-blue jeans* = **OUT TO DINNER**

pendant necklace Girlprops, **$10,** girlprops.com. ***bead necklace*** AMI Clubwear, **$15,** amiclubwear.com. ***bracelet*** Make Me Chic, **$10,** makemechic.com. ***flats*** Sizes 5–10, Yoki, **$27,** lulus.com.



lace blazer + *high-low dress* = **FLIRTY DATE**

short necklace All the Rage, **$13,** alltherageonline.com. ***long necklace*** Freedom at Topshop, **$28,** topshop.com. ***belt*** Industry of All Nations, **$19,** industryofallnations.com. ***heels*** Sizes 5½–10, Flirt Catalog, **$40,** flirtcatalog.com.



bandeau top + *flowy skirt* = **MUSIC FEST**

sunglasses Jennifer Lopez, **$36,** Kohl's and kohls.com. ***turquoise necklace*** Lucky Brand, **$49,** Macy's and macys.com. ***pendant necklaces*** Lulu's, **$10** each, lulus.com. ***belt*** AMI Clubwear, **$18,** amiclubwear.com. ***sandals*** Sizes 5–11, Minnetonka, **$50,** endless.com.



lace blazer + *cropped sweater* + *distressed shorts* = **MALL TRIP**

earrings Make Me Chic, **$7,** makemechic.com. ***bag*** Street Level, **$45,** urbanog.com. ***belt*** Lulu's, **$17,** lulus.com. ***sneakers*** Sizes 6–10, Forever 21, **$11,** select Forever 21 stores and forever21.com.

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seventeen STYLE COUNCIL

my bargain secret!

How do you score a deal without looking, well, cheap? The Style Council share their sneaky tricks.



change it up!

"A simple accessory can create a ton of looks. Like this sash—it's an easy way to make plain outfits more fun. I'll wear one as a belt to freshen up a basic black dress, or as a headpiece, or tied on a purse. Or you can even move it to a new spot to transform from class to dinner."

–ELLIE



sash
American Apparel, **$8,** americanapparel.com



DIY a jacket!

"To get a custom look, I DIY a lot of my clothing with studs, gold pins, and lace. Denim jackets are like blank canvases—here, I sewed on an old band tee from eBay! You don't need to be super-crafty to put your own spin on things."

–SAMII



jacket
Sizes XS–XL, Aéropostale, **$40,** select Aéropostale stores



shop outside the box!

"Discount stores like T.J.Maxx and Ross are meccas for the budget-savvy! I don't plan before I go—I just look for the boldest pieces I can find. It can require some digging. I love these sequined shorts. They're surprisingly versatile."

–DEANDRA

shorts
Sizes 0–10, T.J.Maxx, **$25,** T.J.Maxx stores

SEVENTEEN.COM The Style Council takes you bargain-hunting at their fave stores! Watch now at seventeen.com/stylecouncil.

Find more issues at magazinesdownload.com

ADVERTI

abovetheinfluence & *seventeen* PRESENT

TIA'S WEEKEND STYLE

road trip to the beach



I'm loving these beachy waves.

I love the bright bold stripes of this beach cover up. The floral bag is the perfect mix of function and flair. Now I'm ready to grab my girls and go!

hitting the dance floor



I am having such a great time in this outfit! The colorful dress, the bright blue shoes, and the statement necklace are so fun to wear all together. Plus, a top knot is my favorite hairstyle to rock!

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Find more issues at magazinesdownload.com

Check out our grand prize winner as she shows off her unique style! Tia won a trip to NYC for her and her mom and the ultimate glam package complete with a full-day photo shoot, professional wardrobe styling, hair styling, makeup application, and a tour of the *Seventeen* offices!

just hanging out





↑ The stylist used my own fedora as the perfect finishing touch.

Everything about this outfit is so me—the girly blouse, the patterned shorts, and the vintage-inspired oxfords with cute socks. It's so comfortable cool!

date night



↓ Cat-eye liner is so flirty.



This is hands-down my favorite look! The tribal patterned dress makes me feel so fashion-forward and feminine at the same time. The mint green platforms are the ultimate statement maker.

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–ELLIE

sash
American Apparel, **$8,** americanapparel.com





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–SAMII

jacket
Sizes XS–XL, Aéropostale, **$40,** select Aéropostale stores





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–DEANDRA

shorts
Sizes 0–10, T.J.Maxx, **$25,** T.J.Maxx stores

SEVENTEEN.COM The Style Council takes you bargain-hunting at their fave stores! Watch now at seventeen.com/stylecouncil.

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I am having such a great time in this outfit! The colorful dress, the bright blue shoes, and the statement necklace are so fun to wear all together. Plus, a top knot is my favorite hairstyle to rock!



20% OFF

heels
Sizes 6–10, Jellypop Shoes, $50, shopjellypop.com

CUTE & COMFY PLATFORMS!

They're summer's hottest shoes for a reason: easy to walk in—and now easy on your wallet! Head to shopjellypop.com and get 20 percent off your purchase when you enter promo code Jellypop17!

MOSCHINO CHEAP AND CHIC



20% OFF

patterns for pennies!

This season's mega trend—mixing prints—just got a little less scary. With the bold pieces at GoJane, you can give it a try without blowing your budget. Get 20 percent off when you use promo code 17FASHTALK at checkout!

outfit
Sizes S–L, top, $19, and shorts, $20, GoJane, gojane.com

fashion talk

BARGAINS, DISCOUNTS & FREEBIES!

AWESOME STUFF WE CAN'T SHUT UP ABOUT THIS MONTH!



editors' picks!

Simplify your summer shopping list! Log on to aeropostale.com this month to check out *Seventeen* fashion editors' fave finds for under $30.



dress
Sizes XS–XL, Aéropostale, $25, Aéropostale stores and aeropostale.com

UNDER $30!

NINA DOBREV

20% OFF



bag
R&Em, $88, piperlime.com

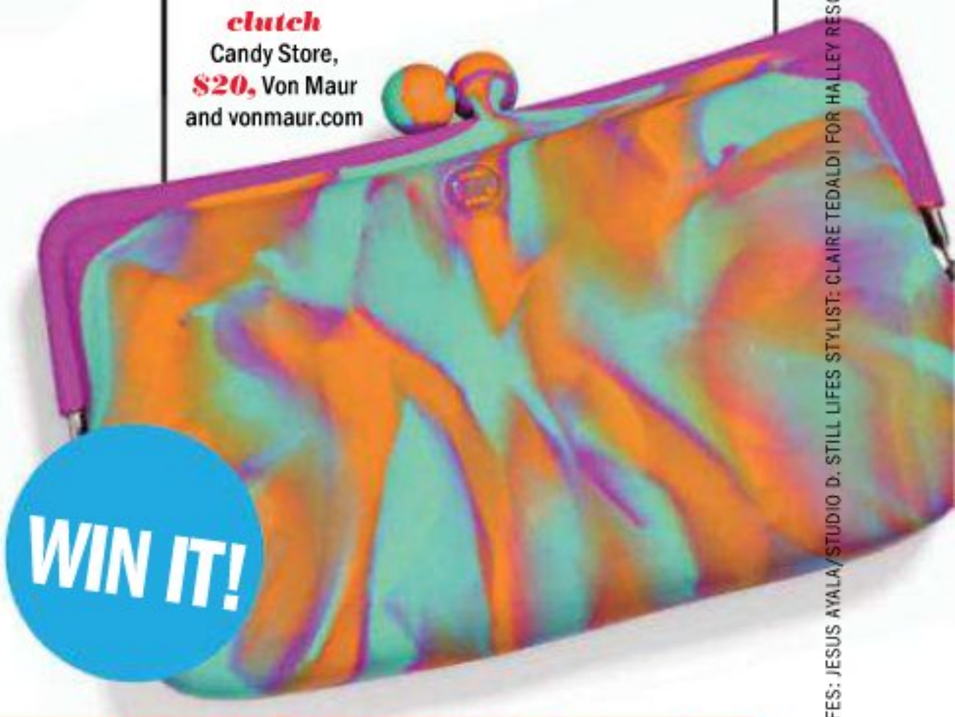
nice bag!

Turn a beach day into a fashion moment! This chic tote from the cool line R&Em would be a perfect complement to a cute suit! Get an exclusive 20 percent discount on this tote (with change purse included!) at piperlime.com with the promo code RMLUVS17.

JELLY CLUTCH!

You've got your PMILK—phone, money, ID, lip gloss, and keys—but where are you going to put it all? Enter to win one of these cute squishy clutches from Candy Store. (They're made of silicone!) One hundred winners will score one at seventeen.com/freebies. See page 152 for rules.

clutch
Candy Store, $20, Von Maur and vonmaur.com



WIN IT!

STILL LIFES: JESUS AYALA/STUDIO D. STILL LIFES STYLIST: CLAIRE TEDALDI FOR HALLEY RESOURCES. DOBREV: JORDAN STRAUSS/WIREIMAGE. RUNWAY PHOTO: DANIELLE SCHIAVELLO/CATWALKING

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Model on left is wearing 8HR City Proof Extended WearLipgloss Midnight Rose & in a NY Color Minute Nail Polish Water Street Blue. Model on right is wearing City Duet 2-in-1 Split Lipstick The Hot Pinks. Both models wear Big Bold Volume Mascara Extreme Black.
*Prices may vary.

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buy it or DIY it!

Whether you want to hit the mall or grab your glue gun, the hottest looks of the season are yours for the taking!

17 expert: Erica Domesek from the blog psimadethis.com



P.S.- I made this...

BUY IT

ROPE



flats
Sizes 6–10, Rocket Dog, $45, rocketdog.com



rings
By Boe, $45 each, byboe.com



belt
Lulu's, $14, lulus.com.
skirt
Sizes XS–XL, Tulle, $53, tulle4us.com.



CUT25



earrings
Make Me Chic, $6, makemechic.com

DIY IT

Take two pieces of colored rope and knot together every five inches. Wrap a piece of neon electrical tape between the knots.



alexis, 16

BUY IT

RAINBOW

earrings
All the Rage, $15, alltherageonline.com





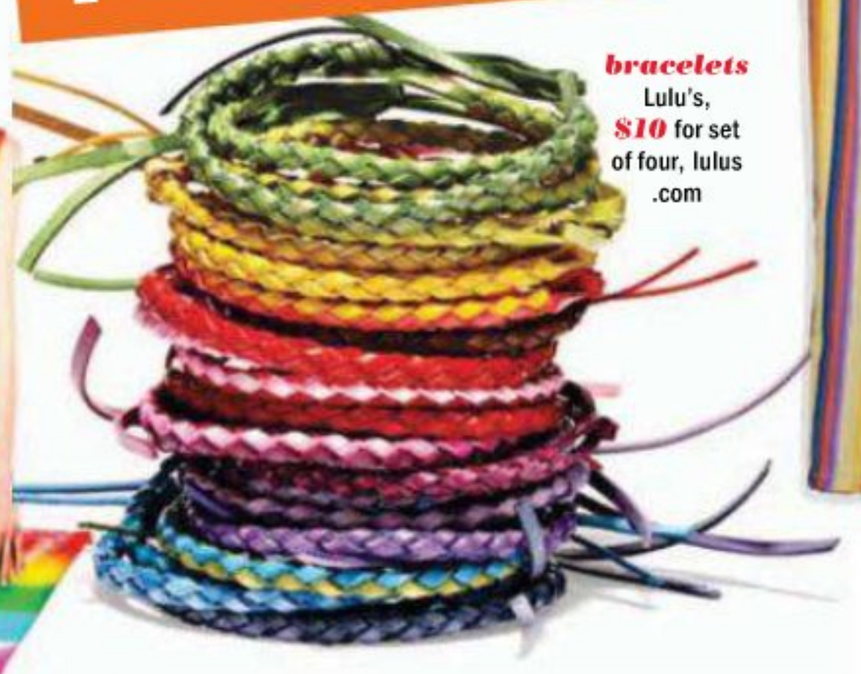
pants
Sizes 25–32, Topshop, $90, topshop.com

wedges
Sizes 5½–10, Urbanog, $26, urbanog.com





CHRISTOPHER KANE



bracelets
Lulu's, $10 for set of four, lulus.com

DIY IT

Lay a sheet of lace fabric on top of a white tank. Spray stripes with different colors of fabric paint. Remove lace to reveal the pattern.



joanna, 21

SEVENTEEN.COM For how-to videos on tons of DIY projects, visit seventeen.com/diy.

REAL-GIRL PHOTOS: CHRIS ECKERT/STUDIO D. SENIOR FASHION EDITOR: ANNEBET DUVALL. HAIR: HIKARI FOR RENE FURTERER/CELESTINE AGENCY. MAKEUP: ERIN LEE SMITH AT TRACEYMATTINGLY.COM. ON ALEXIS: TEE, JUNK FOOD; PANTS, ASOS; BEAD NECKLACE, KELACALA Q. ON JOANNA: SHORTS, VANILLA STAR; SILVER NECKLACE, BY BOE; BEAD NECKLACE, KELACALA Q; BELT, KRISTEN KAHLE. STILL LIFES: JESUS AYALA/STUDIO D. STILL LIFES STYLIST: CLAIRE TELDALDI FOR HALLEY RESOURCES. RUNWAY PHOTOS: (CUT25) JOE CORRIGAN/GETTY IMAGES; (CHRISTOPHER KANE) COURTESY OF CHRISTOPHER KANE.

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DOTS

BUY IT

dress
Sizes S–L, 213 Industry, **$99,** call 408-399-5477 to order





bangles
AMI Clubwear, **$11** each, amiclubwear.com



MOSCHINO CHEAP & CHIC



headband
Girlprops, **$3,** girlprops.com

DIY IT

Gather several colors of puffy paint and plan out a pattern. Dot paint in rows on canvas or cotton shoes and let dry.



hat
Forever 21, **$11,** select Forever 21 stores and forever21.com



POP OF NEON

BUY IT

top
Sizes XS–XL, Love, Fire, **$38,** love-fireclothing.com



shorts
Sizes 2–12, Topshop, **$64,** topshop.com



DIY IT

Turn a tee inside out and tie the sleeves and bottom tightly with rubber bands. Turn right side out. Sew a long strip of neon zipper inside the collar to form a strap.



earrings
Urbanog, **$8,** urbanog.com



heels
Sizes 5½–10, Qupid, **$34,** lulus.com



RAG & BONE

ON JOANNA: TEE, SPLENDID; JEANS, AG JEANS; SUNGLASSES, URBANOG. RUNWAY PHOTOS: (MOSCHINO CHEAP & CHIC) DANIELLE SCHIAVELLO/CATWALKING; (RAG & BONE) VICTOR VIRGILE/GAMMA-RAPHO.

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Kendall & Kylie's FASHION JOURNAL



TUNE IN
See the girls at work for *Seventeen* on ***Keeping up with the Kardashians*** premiering May 20 at 9/8 c on E!



jeans
Sizes 24–32, Joe's, **$179** each pair, joesjeans.com

As reality TV royalty, these girls have access to the best clothes in Hollywood! Now they're sharing their fave summer stuff with you!



STYLING SECRET! "My best friend, Anastasia, gave me the trick to tie your shirt in a little knot in the front. Random, but it adds a little cuteness!" –Kylie

SUMMER UNIFORM!

"We're basically living in animal-print Joe's jeans right now. I plan to wear them every single day this summer. So cute!" –Kylie



bikini
Sizes XS–L, top, **$25,** and bottoms, **$24,** Victoria's Secret stores and victoriassecret.com



BEACH ESSENTIAL!

"All I need to pack for a vacation is a bright bikini and sunscreen. Victoria's Secret has the best prints!" –Kendall

MUST-HAVE ACCESSORY!

"Colored Ray-Bans are a staple for me. I have red ones that I wear all the time." –Kylie

sunglasses
Ray-Ban, **$160** each, Ilori boutiques and iloristyle.com





heels
Sizes 5½–11, Jessica Simpson Collection, **$98,** Macy's



SISTER OBSESSION!

"Kourtney has bright blue heels that I want to steal!" –Kendall

SEVENTEEN.COM Watch Kendall and Kylie's beach day haul video at seventeen.com/kendallandkylie.

STILL LIFES: JESUS AYALA/STUDIO D. STILL LIFES STYLIST: CLAIRE TEDALDI. PHOTOS: (TOP LEFT) NICK SAGLIMBENI; (KOURTNEY) RUANO/FAMEFLYNET PICTURES; (ALL OTHERS) COURTESY OF THE JENNERS.



IT'S TIME TO PUT THE BLAME ON THE REAL CAUSE BEHIND BREAKOUTS – BIOLOGY. SO BLAME BIOLOGY™ THEN 1. TALK TO YOUR PARENTS ABOUT SEEING YOUR DOCTOR, AND 2. ASK ABOUT PRESCRIPTION EPIDUO® *(adapalene and benzoyl peroxide)* GEL 0.1%/2.5%. IT'S THE FIRST (AND ONLY!) ONCE-A-DAY TOPICAL GEL THAT COMBINES TWO OF THE MOST WIDELY PRESCRIBED ACNE MEDICATIONS TO WORK ON THE BREAKOUTS YOU HAVE AND HELP PREVENT NEW ONES. EASY.
// YOU COULD PAY NO MORE THAN $35* FOR YOUR EPIDUO® PRESCRIPTION. ***Go to Epiduo.com to find out how.***

IMPORTANT SAFETY INFORMATION: Epiduo® Gel is indicated for the topical treatment of acne vulgaris in patients 12 years and older. Apply to affected skin once per day, avoiding the eyes, lips and mucous membranes. The most common adverse events associated with use of Epiduo® Gel are redness, scaling, dryness, stinging and burning. In addition, you may also experience contact dermatitis and/or skin irritation. These side effects typically resolve during the first four weeks of treatment, but speak to your doctor if they persist. You should avoid excessive exposure to sunlight and sunlamps while using Epiduo® Gel, and using sunscreen products and protective clothing is recommended. Do not use irritating topical products that contain resorcinol, salicylic acid or sulfur when using Epiduo® Gel. Epiduo® Gel has not been tested in pregnant or nursing women, or with the elderly. Pregnancy Category C.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Brief Summary of Prescribing Information on next page.

** For most insured patients. Restrictions may apply. See Epiduo.com/rebate for details. Not valid for prescriptions reimbursed under Federal/State programs. Uninsured patients please go to Epiduo.com/rebate for more information.*

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Epiduo®
(adapalene and benzoyl peroxide) Gel 0.1%/2.5%

IMPORTANT INFORMATION ABOUT

EPIDUO® GEL

(adapalene and benzoyl peroxide) Gel, 0.1% / 2.5%

BRIEF SUMMARY

This summary contains important information about EPIDUO (EP-E-Do-Oh) gel. It is not meant to take the place of your doctor's instructions. Read this information carefully before you start using EPIDUO gel. Ask your doctor or pharmacist if you do not understand any of this information or if you want to know more about EPIDUO gel. For full Prescribing Information and Patient Information please see the package insert.

WHAT IS EPIDUO GEL?
EPIDUO gel is a prescription medicine for skin use only (topical) used to treat acne vulgaris in people 12 years of age or older. Acne vulgaris is a condition in which the skin has blackheads, whiteheads, and pimples.

WHO IS EPIDUO GEL FOR?
EPIDUO gel is for use in people 12 years of age and older. It is not known if EPIDUO gel is safe and effective for children younger than 12 years old.

Do not use EPIDUO gel for a condition for which it was not prescribed. Do not give EPIDUO gel to other people, even if they have the same symptoms you have. It may harm them.

WHAT SHOULD I TELL MY DOCTOR BEFORE USING EPIDUO GEL?
Before you use EPIDUO gel, tell your doctor if you:

- **have other skin problems, including cuts or sunburn.**
- **have any other medical conditions.**
- **are pregnant or planning to become pregnant. It is not known if EPIDUO gel can harm your unborn baby.**
- **are breastfeeding or plan to breastfeed. It is not known if EPIDUO gel passes into your breast milk and if it can harm your baby. Talk to your doctor about the best way to feed your baby if you use EPIDUO gel.**

Tell your doctor about all of the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

- **Especially tell your doctor if you use any other medicine for acne. Using EPIDUO gel with topical medicines that contain sulfur, resorcinol or salicylic acid may cause skin irritation.**
- **Know the medicines you take. Keep a list of them to show your doctor and pharmacist when you get a new medicine.**

WHAT SHOULD I AVOID WHILE USING EPIDUO GEL?

- **You should avoid spending time in sunlight or artificial sunlight, such as tanning beds or sunlamps. EPIDUO gel can make your skin sensitive to sun and the light from tanning beds and sunlamps. You should wear sunscreen and wear a hat and clothes that cover the areas treated with EPIDUO gel if you have to be in the sunlight.**
- **You should avoid weather extremes such as wind and cold as this may cause irritation to your skin.**
- **You should avoid applying EPIDUO gel to cuts, abrasions and sunburned skin.**
- **You should avoid skin products that may dry or irritate your skin such as harsh soaps, astringents, cosmetics that have strong skin drying effects and products containing high levels of alcohol.**
- **You should avoid the use of "waxing" as a hair removal method on skin treated with EPIDUO gel.**
- **EPIDUO gel may bleach your clothes or hair. Allow EPIDUO gel to dry completely before dressing to prevent bleaching of your clothes.**

WHAT ARE THE MOST COMMON SIDE EFFECTS OF EPIDUO GEL?
EPIDUO gel may cause serious side effects including:

- **Local skin reactions. Local skin reactions are most likely to happen during the first 4 weeks of treatment and usually lessen with continued use of EPIDUO gel. Signs and symptoms of local skin reaction include:**
- **Redness**
- **Dryness**
- **Swelling**
- **Scaling**
- **Stinging or burning**

Tell your doctor right away if these side effects continue for longer than 4 weeks or get worse, you may have to stop using EPIDUO gel. Tell your doctor if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of EPIDUO gel. For more information, ask your doctor or pharmacist.

You are encouraged to report negative side effects of prescription drugs to the FDA at www.fda.gov/medwatch or call 1-800-FDA-1088. You may also contact GALDERMA LABORATORIES, L.P. AT 1-866-735-4137.

HOW SHOULD I USE EPIDUO GEL?

- **Use EPIDUO gel exactly as your doctor tells you to use it. EPIDUO gel is for skin use only. Do not use EPIDUO gel in or on your mouth, eyes, or vagina.**
- **Apply EPIDUO gel 1 time a day.**
- **Do not use more EPIDUO gel than you need to cover the treatment area. Using too much EPIDUO gel or using it more than 1 time a day may increase your chance of skin irritation.**

Applying EPIDUO GEL:

- **Wash the area where the gel will be applied with a mild cleanser and pat dry.**
- **EPIDUO gel comes in a tube and a pump. If you have been prescribed the:**
 - **Tube: Squeeze a small amount (about the size of a pea) of EPIDUO gel onto your fingertips and spread a thin layer over the affected area.**
 - **Pump: Depress the pump to dispense a small amount (about the size of a pea) of EPIDUO gel and spread a thin layer over the affected area.**

WHERE SHOULD I GO FOR MORE INFORMATION ABOUT EPIDUO GEL?

- **Talk to your doctor or pharmacist**
- **Go to www.epiduo.com or call 1-866-735-4137**

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Revised: March 2012
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Epiduo®
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PROMOTION

check it out!

SWEEPSTAKES • EVENTS • PROMOTIONS

"Where has this razor been all my life?" –Kristi H.

Consumers love the **New Schick Hydro Silk™** razor. Visit us on Facebook for more great experiences and to check out the latest promotions.

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Journeys Backyard BBQ Tour

This summer, the Journeys Backyard BBQ Tour is hosting twelve FREE music festivals at Simon Malls across the US. We're bringing tons of giveaways, live music from The All-American Rejects, Eve 6, Never Shout Never and more, plus appearances by your favorite action sports stars like Pierre-Luc Gagnon (PLG) and Rob Dyrdek. Check out the full schedule at **journeysbbq.com**.



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Visit **seventeen.com/playtexsport** to play the Find It game and help our On-the-Go Girls find everything they need to keep up with their active lifestyles—on the field, in the locker room, and at the mall!



PLAY THE GAME!

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Disney's *Let It Shine*

The truth is in the music! The new Disney Channel Original Movie, *Let It Shine,* premieres on Friday, June 15 at 8p/7c!

LET IT SHINE

DisneyChannel.com/LetItShine

©Disney

Let your fashion voice be heard!

Optimistic. Open minded. Creative. Energetic. Carefree. Active. Passionate.

You don't have to live in California to be inspired by the amazing diversity and unique sense of adventure this state represents. *Seventeen* and **PacSun** are searching for 17 stylish girls across the US who live in the "Golden State of Mind" to join our exclusive insiders' club, the GSOM Sweet 17.

The chosen 17 will receive:

- $250 PacSun shopping spree
- The opportunity to film fashion haul videos for PacSun
- A chance to fly to NYC and be featured in a custom photo shoot for a future issue of *Seventeen*

To apply, join us at select PacSun retail stores during our "Get Discovered" events OR upload a photo that speaks to your individual style and tell us how you live in a Golden State of Mind at **seventeen.com/gsomsweet17**.

"Get Discovered" Events:

Saturday, June 2, 2-4pm
PacSun at The Grove
Los Angeles, CA

Saturday, June 23, 2-4pm
PacSun at The Falls
Miami, FL



Check out **gsom.com** *to learn more...*



PACSUN

NO PURCHASE NECESSARY. Applications for the PACSUN "GSOM SWEET 17" accepted beginning 5/15/12 at 12:01AM (ET) through 7/2/12 at 11:59PM (ET). Go to seventeen.com/gsomsweet17 and complete and submit the application form pursuant to the onscreen instructions. All applications must include a high-resolution color photo (full body shot) of the entrant in her best "GSOM" outfit taken within the past 365 days and include your essay (100 words or less) telling us how you live in the "Golden State of Mind." We reserve the right to ask you additional questions and/or request additional photos. If chosen, we will send you a letter to sign and once done, send you PacSun gift cards and/or products and ask you to share your feedback via social networking platforms.

There is a promotional agreement in place between Seventeen and PacSun.

Look for additional offers, events & updates on **Seventeen.com/checkitout** & at **Facebook.com/seventeenmagazine** in the **Check It Out** tab

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PROMOTION

GET DISCOVERED!

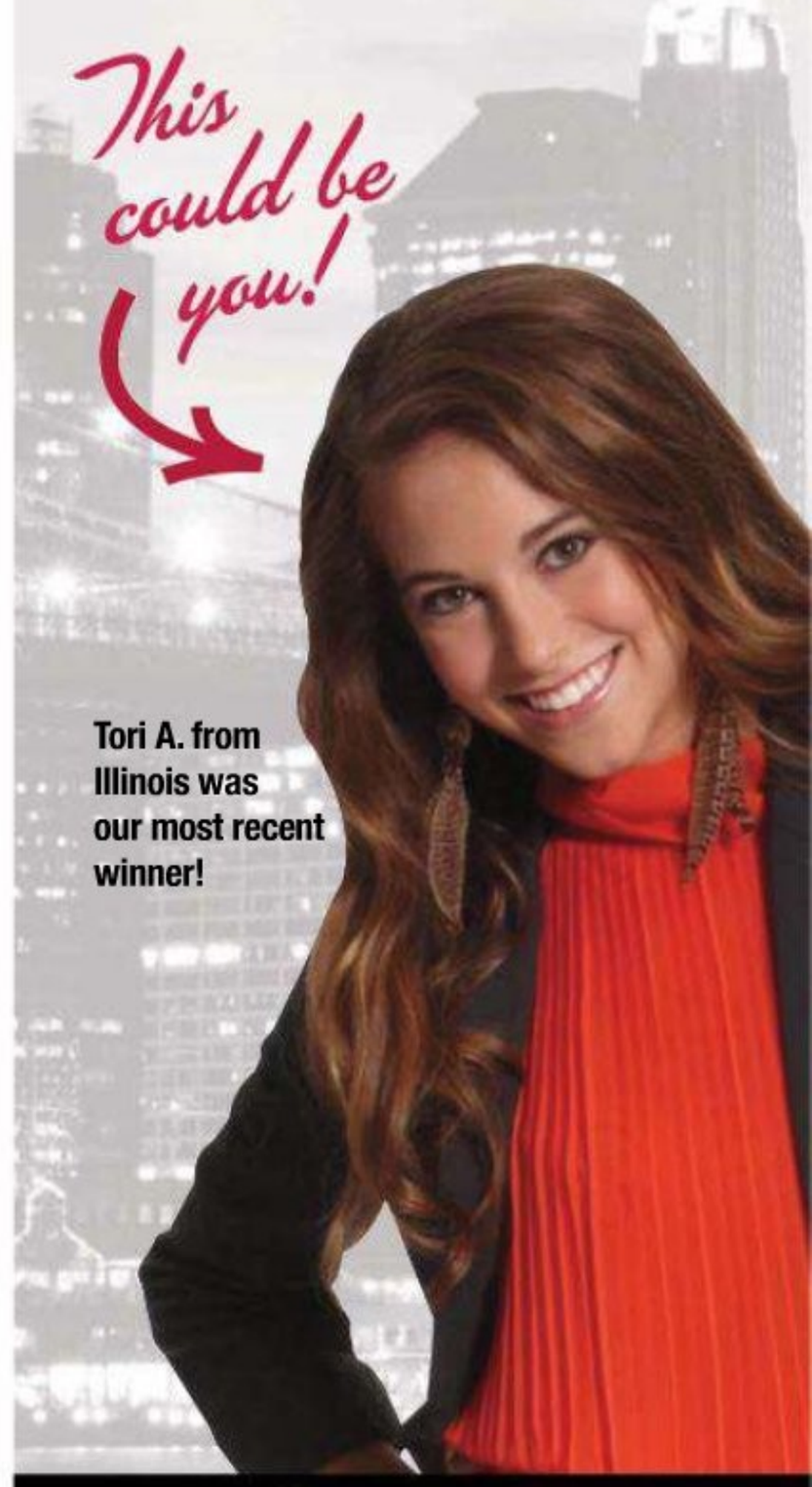
Enter for a chance to win a trip to NYC for a promotional photo shoot! Barbizon and *Seventeen* are teaming up to discover fresh, new faces.

One lucky winner will receive:

- **A trip to NYC**
- **A photo shoot with a *Seventeen* Style Pro**
- **A $500 shopping spree**
- **The chance to appear in *Seventeen* magazine**

ENTER NOW!

For more information on how to enter and for contest rules, log on to **seventeenbarbizoncontest.com** or call **1-800-866-6335.**



Calling all Social Networking Superstars!

Are you...

hooked on **Facebook**?

a total **Tweetheart**?

queen of the **Blogosphere**?

a social **Shutterfly**?

If so, we want to hear from you!

Seventeen **is looking for our top social networkers to join the exclusive *Seventeen* Social Club. As a member, you could...**

- Receive **FREE products** to try and **share your thoughts** with your social network
- Get **VIP access to cool events** in your area
- Receive the **inside scoop on discounts** and **special offers**
- **Appear in the pages** of *Seventeen*



Tell us why **you** should be part of the ***Seventeen*** **Social Club** at

seventeensocialclub.com

beauty

$$$
SPECIAL
BARGAIN
SECTION!

MAIN PHOTOS: PETER ROSA/STUDIO D. SENIOR FASHION EDITOR: ANNEBET DUVALL. HAIR: RIAD AZAR FOR TRESEMME AT OPUS BEAUTY. MAKEUP: BERTA CAMAL AT JED ROOT INC. MANICURE: FLEURY ROSE FOR ARTISTSBYTIMOTHYPRIANO.COM. ON MODEL: TOP, ASOS.

(shhh!) beauty bargain secrets

Pssst: There's a beauty sale going on inside—and you're invited! Turn the page and learn how to score the best deals and biggest savings! by tomoko takeda

GET salon HAIR AT HOME



LONG EXTENSIONS

AT THE SALON: $360+

AT HOME: $39

Want to go short to long and back again? Change your hair length as often as your outfits with easy snap-ins.

try: Hairdo by HairUWear 18 Inch Long Layered Clip-in Extensions, **$39,** qvc.com

SHINE BOOSTER

AT THE SALON: UP TO $75

AT HOME: $9

You'll look like you get gloss treatments from a celeb stylist with this DIY kit!

try: Clairol Natural Instincts Shine Happy, **$9,** drugstores

STRAIGHTENER

AT THE SALON: $150+

AT HOME: $1

This spray is more than just a frizz-fighter—the keratin protein in it keeps hair smooth for up to three days!

try: John Frieda Frizz-Ease 3-Day Straight Semi-Permanent Styling Spray, **$10,** drugstores

REPAIR MASQUE

AT THE SALON: $20+

AT HOME: $16

This nourishing in-shower mask has the same high-end argan oil as its salon counterpart!

try: Redken All Soft Heavy Cream Softening Rinse-out Mask, **$16,** redken.com

DIY COLOR

AT THE SALON: $80+

AT HOME: $9

"Dye-ing" for a boost? Then head to the drugstore for this cute box of color. The foam formula is super-easy to apply.

try: Garnier Nutrisse Nourishing Color Foam, **$9,** drugstores

GET INSIDER DISCOUNTS!

Sephora Beauty Insider

Get one point for every dollar you spend. When you hit 100 points, you get amazing samples, like this designer mascara!

CVS/pharmacy ExtraCare Beauty Club

When you rack up $50 on most beauty products, you get a $5 credit toward your next purchase.

Sally Beauty Club

Become a member for only $5 and get a deal every time you shop—even on big-ticket items like blow-dryers and curling irons!

ON MODEL: TANK, NECESSARY OBJECTS; NECKLACE, HELEN FICALORA.

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LIFT YOUR GAME

Reach for the Top!

P&G WORLDWIDE PARTNER

Looking and feeling your best gives you the confidence to perform your best. USA Gymnastics Senior National Team members Alicia Sacramone, Gabrielle Douglas and Sabrina Vega give you a behind the scenes peek at what helps them lift their game.

Beijing 2008 Olympic Games silver medalist Alicia Sacramone is constantly on the move, from training sessions and competitions to big events and nights out with friends. Alicia uses beauty essentials to help her look and feel great.



I rely on heat styling tools to make my hair look its best, so **Pantene Daily Moisture Renewal** is a must-have. It helps lock-in moisture and block out heat damage.

Being an athlete, I'm running around all the time, so I look for deodorant that will give me constant protection. That's what I get with **Secret Clinical Sport**.



WHAT LIFTS YOUR GAME?

Make waves that show your spirit at facebook.com/PGUnitedWeBeautify

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SET YOUR GOALS.

Go for the Gold!

CONFIDENCE is knowing you've got it—
the certainty that you'll stick the landing.

"Being confident helps you stay calm before you present your routine, especially in big competitions. When I practice and train hard, I can hit my routines every day, and that makes me feel confident and allows me to do my best."

2011 World Team gold medalist
Sabrina Vega, 17



Confidence starts with great hair. **Head and Shoulders** gives you frizz control for smooth hair all day.

Crest 3D White Whitestrips Intensive Professional Effects whitens as well as a $500 professional treatment* so you can step out with a self-assured smile.



BEAUTY makes you feel lifted.

"I love to get done up before I compete. When I look good, I feel good, so I can have peace of mind and feel ready to take on the competition. When I walk into the arena I shine a little bit brighter when I have that confidence coming from the inside."

Beijing 2008 Olympic Games silver medalist
Alicia Sacramone, 23

*vs. laser

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Always Infinity features non-stop absorbency for up to 8 hours —so you can focus on what's important.



For peak PERFORMANCE, you need to feel great from head to toe.

"The performance I am most proud of is the Pan Am Games. I had some little mistakes and falls, but I got myself up and boosted my self-confidence with the help of my teammates. They patted me on the back and said, *'Come on, you can do it! Keep fighting for it!'*—and I won a gold on bars."

2011 World Team gold medalist
Gabrielle Douglas, 16



Boost your shave and help to lock in skin's moisture* with **Venus with Olay**.

For big, bold "look-at-me" lashes —a must when you're in the spotlight— **COVERGIRL Limited Edition LashBlast Volume** has you covered with mega-volume.





Go for the glow with **Olay Complete UV Moisturizer** with vitamin enriched moisture plus SPF 15 protection for healthy-looking skin.

36 USC 220506

*for less dryness vs. Venus Breeze over time



LIFT YOUR GAME!

It's no surprise to find out that these three gorgeous jumping gymnasts all share the same goal-winning Olympic gold! And they share much more than that. Besides being besties, they believe there are many ways to "lift your game."

Shawn relies on the love she has for the sport, McKayla counts on her team mates' cheers and Sabrina's game is lifted when she reflects on the hard hours she's put into training. The one way they all agree on? That having head-to-toe beauty performers is a nice lift too!



P&G | TEAM USA PROUD PARTNER YOUTH SPORTS FUND

Winning savings to Lift Your Game and help support our future champions. Spend $50 on P&G products, get $10 back with mail-in rebate, and P&G donates $10 to USOC'S P&G/Team USA Youth Sports.

Get your mail-in Visa® rebate card by going online to www.pgbeautyolympics.com when you spend $50 across Venus, Clairol, Olay, Secret, CoverGirl, Herbal Essences, Aussie, Head and Shoulders, Pantene, Safeguard, Ivory, Crest 3D White, Always, and/or Tampax. Offer valid 04/29/12 to 06/05/12. Mail-in rebate form must be postmarked by 07/05/12. ©2012 P&G

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get a LUXE look FOR LESS!



$7

MARBLEIZED SHADOW

Rich colors in sophisticated palettes used to be for high-end department stores. But this one, filled with shimmery peacock shades, packs the same colorful punch for less!

try: Milani Cosmetics Baked Eyeshadow Marble in Green Fortune, **$7,** CVS stores

$10

CREAMY LIPSTICK

This super-rich red makes you look like a million bucks. (But the logo on it is so chic, you might not want to use it!)

try: Sonia Kashuk Satin Luxe Lip Color with SPF 16 in Classic Red, **$10,** Target stores



$10

MAGNETIC NAIL POLISH

Look like you dropped a ton of time and cash at the nail salon with this DIY nail art. After applying the color, hold the built-in magnet over wet nail polish for a cool 3-D pattern.

try: Sally Hansen Magnetic Nail Color in Graphite Gravity, **$10,** drugstores

$9

SMOKY EYE PALETTE

The cable-knit patterns are pretty, but it's the cashmere-soft texture that makes this smoky eye palette so special.

try: Revlon CustomEyes Shadow and Liner in Beach Beauty, **$9,** drugstores

$5

QUILTED BRONZER

It's the makeup equivalent of a designer bag—and the sun-kissed effect it gives you is equally gorgeous!

try: NYC New York Color Sun 'N Bronze Bronzer in Hamptons Radiance, **$5,** drugstores

SNAG FREE SAMPLES!



beautybar.com

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Nordstrom

Hit up any cosmetics counter for free samples customized for you! They want you to love your beauty purchases before you shell out dough.



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ON MODEL: TANK, FOREVER 21.

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WIN!
PRO FACE KIT
This mega palette lets you create endless beauty looks!

100 lucky readers can enter to get it for free at seventeen.com/freebies. See page 152 for rules.

try: JK Jemma Kidd Summer Essentials Backstage Kit, $35, Target and target.com



$5 OFF
HAIR WAVER
Good tools are an investment, but when you want an amazing look, you have to go for the best. This rippled effect tool is worth it—it gives you just the right mix of rock and romance!

See page 152 for details.

try: Conair You Wave Ultra, $40, drugstores



20% OFF
CHERRY TINT
Not too red nor too pink, this deluxe pen is the perfect flush for cheeks and lips—get it now with an exclusive discount!

Enter code 17CRUSH at checkout to get 20 percent off Stila Crush Lip & Cheek Stain in Passion Fruit at stilacosmetics.com. See page 152 for details.

try: Stila Passion Fruit Crush Lip & Cheek Stain, $24, stilacosmetics.com

20% OFF
TINTED SPF
It will be your go-to summer staple! This lightweight and oil-free tinted moisturizer evens out your skin tone and protects with SPF 30.

Enter code WILLASPF at checkout to get 20 percent off Willa Skincare Face the Day SPF 30 at willaskincare.com. See page 152 for details.

try: Willa Skincare Face the Day SPF 30, $15, willaskincare.com





WIN!
BRONZY KIT
This sunny box gives you a vacay glow without the sun damage.

200 lucky readers can enter to get it for free at seventeen.com/freebies. See page 152 for rules.

try: Benefit Cosmetics Cabana Glama, $36, sephora.com



25% OFF
SHADOW DUO
Each one is packed with shimmery bursts of color to make your eyes stand out!

Enter code POPDUETTE at checkout to get 25 percent off one (1) Pop Beauty Paint Duette in any shade at popbeautycosmetics.com. See page 152 for details.

try: Pop Beauty Paint Duette, $24, popbeautycosmetics.com

FOLLOW FOR FREEBIES!



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This summer, L'Oréal Paris will celebrate its hot new launches by giving away freebies from the latest collection every week.



@hereshardcandy
Win exclusive giveaways on the last day of every month when you follow Hard Candy and retweet with #IWantCandy.



@benefitbeauty
Follow Benefit Cosmetics and enter to win deluxe- and full-size samples of your fave Benefit products!

SEVENTEEN.COM Check out our *Seventeen* editors' picks for the best $10-and-under beauty products at seventeen.com/bargains.

ON MODEL: TANK, SAN AND SONI.

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- Easy-flow brush.
- Formaldehyde, DBP and Toluene free.

30 SHADES



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MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE.®

Emily is wearing New Color Show™ Nail Polish in Fuchsia Fever. ©2012 Maybelline LLC.



say adios TO FRIZZ



step 1

SHAMPOO

Frizzy hair is dry hair, so wash no more than twice a week with a shampoo and conditioner that is filled with argan oil (for smoothing) and is sulfate-free (won't strip your natural oils).

try: Black 15-in-1 Twice-A-Week Miracle Hair Shampoo, **$20** for 6.6 oz., and Black 15-in-1 Twice-A-Week Miracle Hair Conditioner, **$22** for 6.6 oz., black15in1.com for salons

step 2

PUDDING

A hydrating pudding smooths and softens every single strand, plus the frizzy edges around your hairline, without weighing down your hair. Use it on just-washed hair and comb through.

try: Carol's Daughter Hair Milk Pudding, **$22,** Sephora stores

step 3

SPRAY GEL

To add lift at your roots and prevent frizz from creeping up, spritz an alcohol-free spray gel with silkening ingredients, like glycerin, all over dry hair. You'll get all-day conditioning while keeping your style crunch-free.

try: DevaCurl Spray Gel, **$20,** ULTA stores

your perfect COLORS



☑ FOUNDATION

Finding a foundation to match your olive undertones can be tricky! The secret is to pick one that's not too opaque. Lightweight formulas will cover up imperfections while allowing your natural skin to shine through.

try: Maybelline New York Fit Me! Foundation in #350, **$8,** drugstores

☑ BRONZER

Because your skin already has a lot of warmth to it, choose a light multitone bronzer with sparkling peach and beige for skin that glistens! Dust it all over your face.

try: Chanel Luminous Bronzing Powder in Sable Beige, **$60,** chanel.com

☑ GOLD SHADOW

A golden shimmer blends perfectly with your warm skin and brings out the honey tones in your complexion.

try: Maybelline New York Eyestudio Color Tattoo 24HR Cream Gel Shadow in Bold Gold, **$7,** drugstores

ON NATALIZ: DRESS, KEEPSAKE; EARRINGS AND NECKLACES, LULU'S.
ON LIGIA: TANK, REBECCA TAYLOR; EARRINGS, LULU'S. ON VANESSA: TANK, AMERICAN EAGLE OUTFITTERS; EARRINGS AND NECKLACES, LULU'S.

SPOTS, be gone!



wash

Breakouts and the scars they leave behind can make your skin look dull, so keep it clear and bright with a vitamin C cleanser. It unclogs pores while helping to fade dark spots.

try: Soap & Glory Face Soap and Clarity 3-In-1 Daily-Detox Vitamin C Facial Wash, **$16,** sephora.com



prevent

Don't let acne ruin your skin! A benzoyl peroxide lotion with niacinamide and tea tree oil helps reduce the acne bacteria in your pores and control any inflammation caused by zits.

try: Sesha Acne Control BP Lotion, **$35,** seshaskin.com



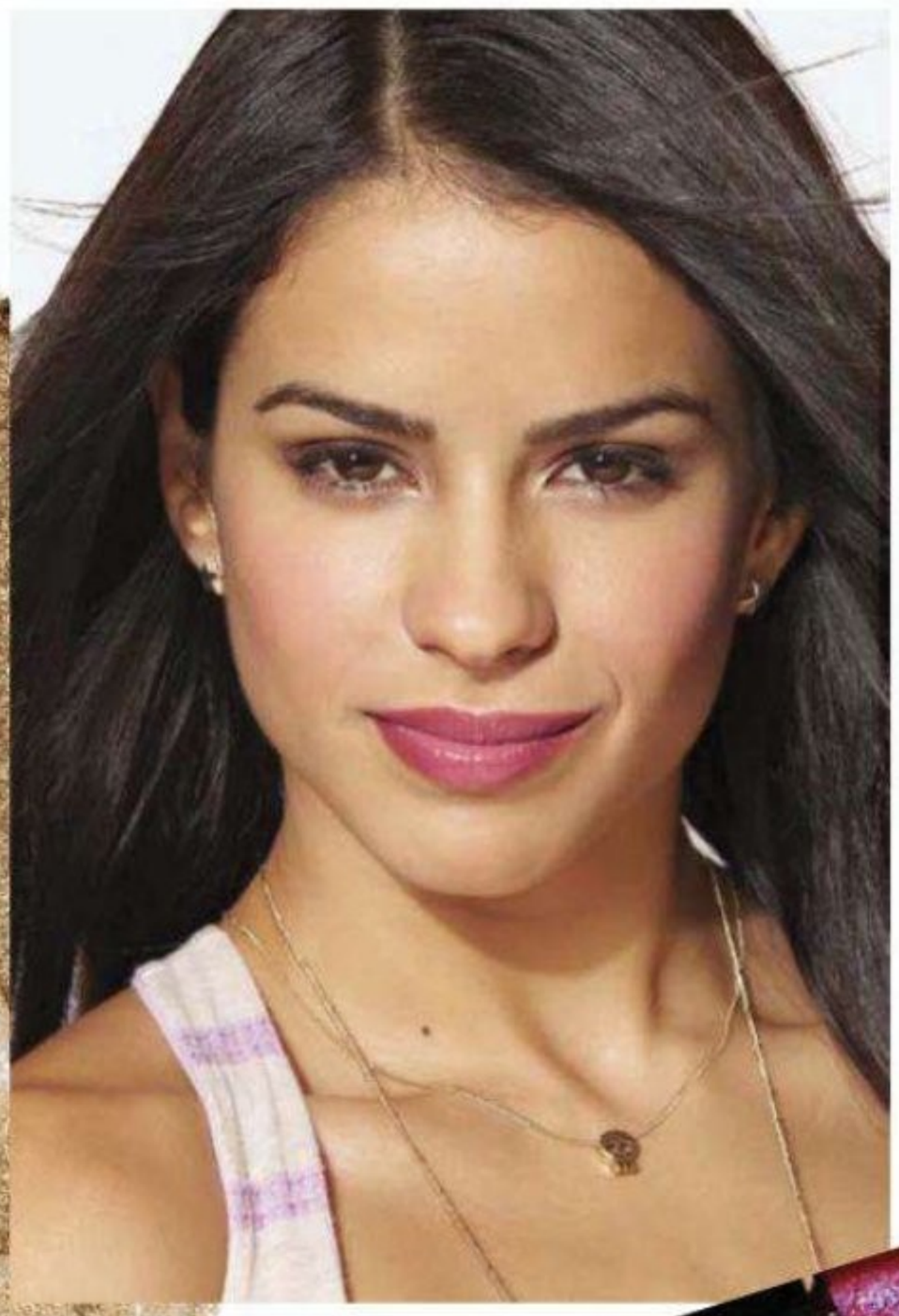
treat

Your skin is susceptible to manchas, the dark marks caused by pimples. And being out in the sun without protection can make them worse. Use a spot correcting lotion with SPF daily to keep your skin flawless.

try: Clinique Even Better Skin Tone Correcting Lotion Broad Spectrum SPF 20, **$45,** clinique.com









☑ BERRY BLUSH

A creamy berry shade adds a pretty flush that stands out on sun-kissed skin! Blend onto your apples in circles.

try: Too Faced Full Bloom Cheek & Lip Color, **$21,** toofaced.com

☑ PINK GLOSS

Make sheer, shimmery pink your go-to color! It isn't too dramatic on your skin and the subtle sparkle makes your whole face glow!

try: Smashbox Lip Enhancing Gloss in Electric, **$18,** smashbox.com

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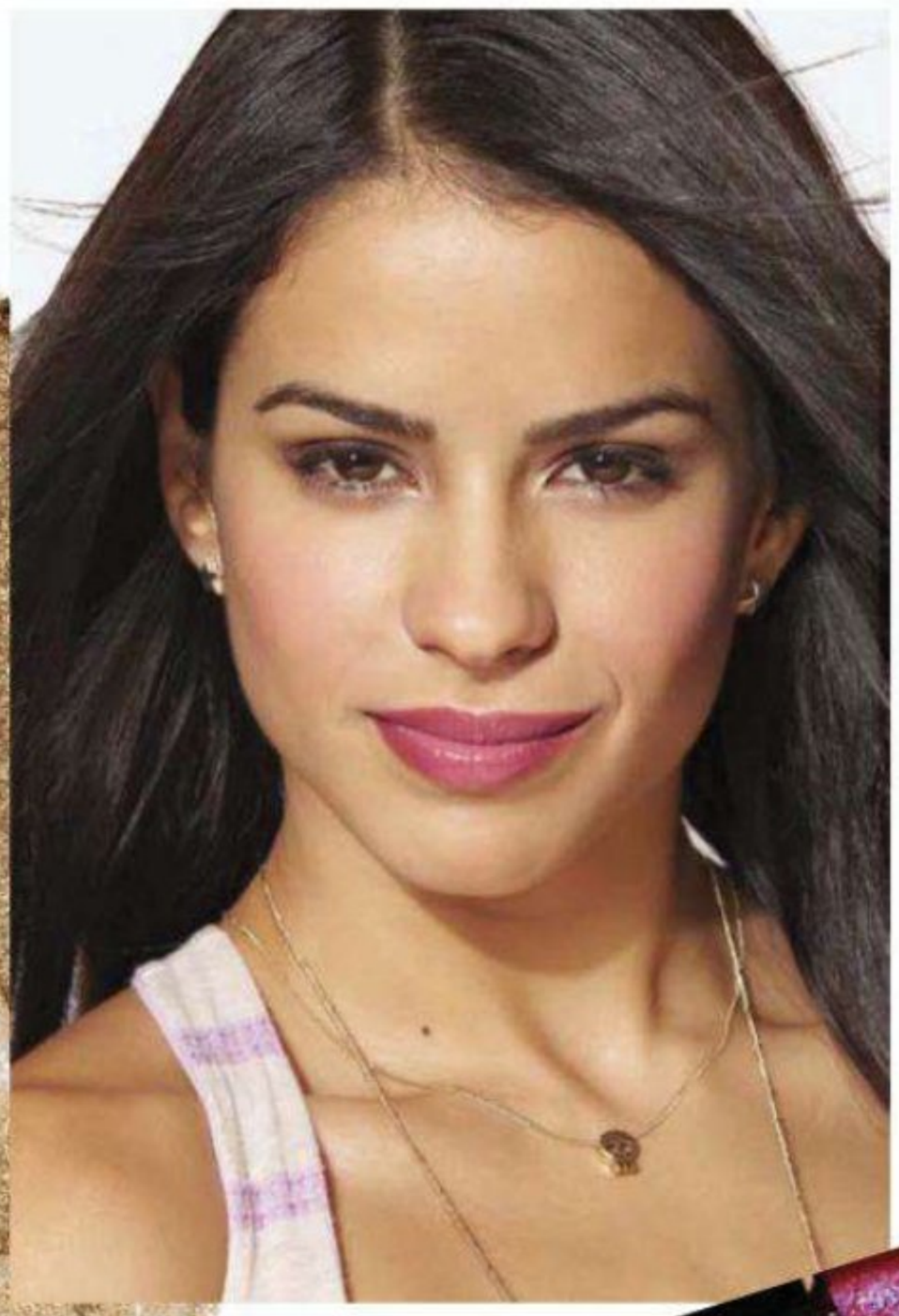
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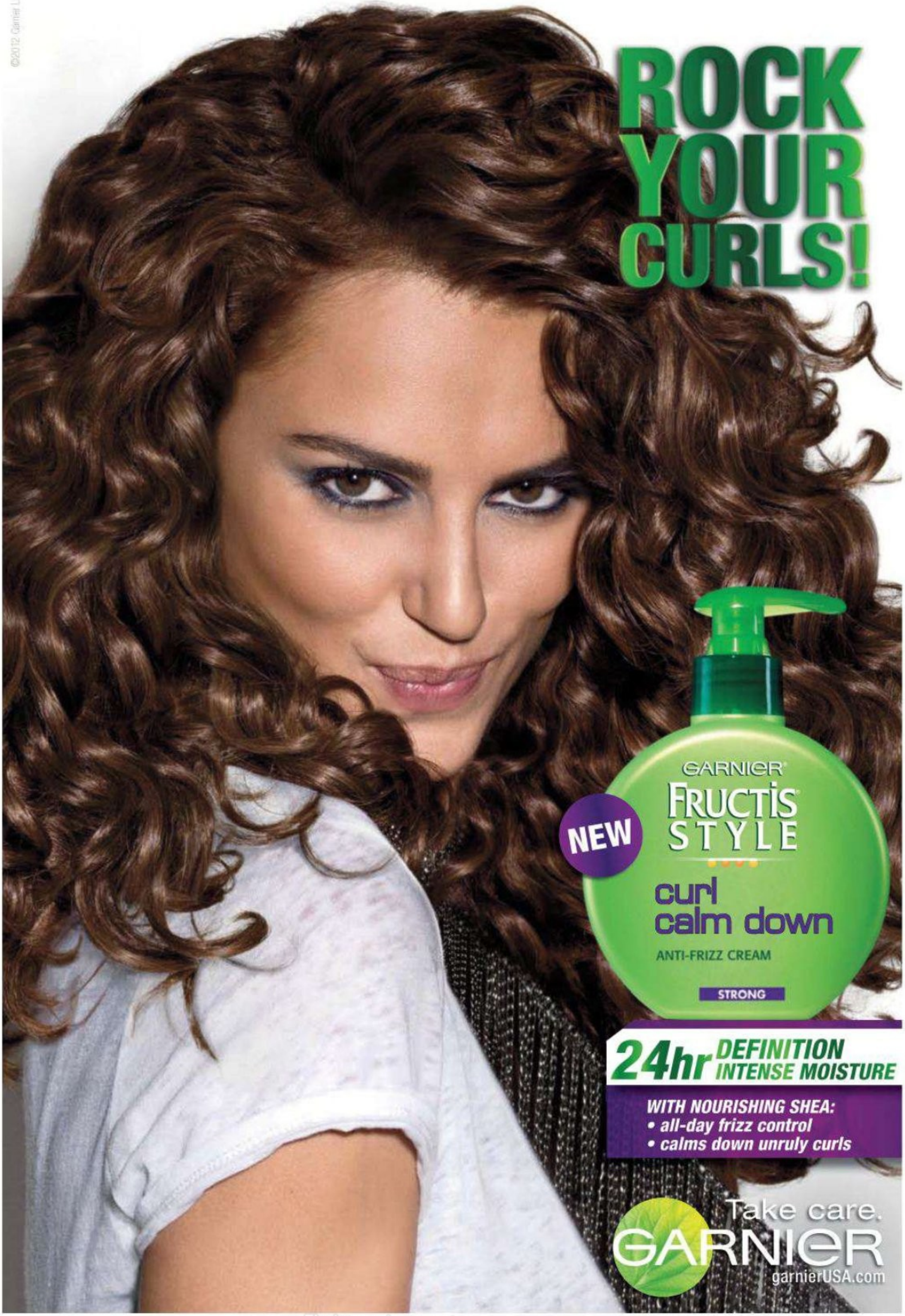
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Shu Pei is wearing New Color Show™ Denim Nail Polish in Denim Dash. ©2012 Maybelline LLC.

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Our Beauty Smarties go head-to-head in wild hair and makeup challenges on our YouTube show hosted by *Pretty Little Liars*' Shay Mitchell! Check it out now at youtube.com/hellostyle!

ALEXIS'S LOOK:

NAYA'S FLIRTY GLOW

"This is going to be my go-to look all summer long! Shimmery lips and glowy skin are my beauty secret weapons."

Watch her videos at: seventeen.com/beautysmarties.



NAYA RIVERA

try: E.l.f. Studio Bronzer in Warm Bronze, $3, eyeslipsface.com; Wet n Wild Megashield Lipcolor SPF 15 in Pink Slip, $3, drugstores



get a glow

"Get Naya's luminous look with a multicolor bronzer. Dust the darker shades on your cheeks, forehead, nose, and chin. Then use the lightest shade under your browbones and along your cheekbones as a highlight."



add shimmer

"Subtle golden shimmer on your lips will light up your entire face! For extra shine, use a lip brush to apply a pink lipstick with little flecks of gold all over your lips."

seventeen BEAUTY SMARTIES

look like a *star*

$5 & UNDER

Get a celeb-worthy glow without the blockbuster budget! The Beauty Smarties know how. by molly ritterbeck

ARDEN'S LOOK:

EMMA'S SMOKY EYES

"I love how Emma Stone gives off an edgy yet pretty vibe with this look—the graphic eyes will steal everyone's attention!"

Watch her videos at: seventeen.com/beautysmarties.



EMMA STONE



try: Essence Smokey Eyes Set in So What?, $3, ULTA stores; NYC New York Color City Curls Curling Mascara in Extreme Black, $3, drugstores

apply shadow

"Swipe the charcoal shadow along the lid and in the crease. To re-create the winged shape, drag it out at the outer corner."



line eyes

"For drama like Emma's, trace the upper and lower lashes with black cream liner (part of the set) and softly smudge it out."



define lashes

"Make your eyes *really* pop by adding two coats of mascara. Wiggle the wand back and forth as you apply to get every lash."



SEVENTEEN.COM Watch the Beauty Smarties re-create their fave celebs' hair and makeup looks at seventeen.com/beautysmarties.

REAL-GIRL PHOTOS: PETER ROSA/STUDIO D. FASHION STYLIST: ANDREW MUKAMAL. HAIR: JEANIE SYFU AT BA-REPS.COM FOR TRESEMMÉ HAIRCARE. MAKEUP: JORDY POON FOR DIORSKIN. ON ALEXIS: TOP, URBANOG; EARRINGS, BING BANG. ON ARDEN: TANK, AMERICAN APPAREL; EARRINGS, ALEXIS BITTAR. STILL LIFES: (MASCARA) DON PENNY/STUDIO D; (ALL OTHERS) J MUCKLE/STUDIO D. RIVERA: GREGG DEGUIRE/FILMMAGIC. STONE: KEVORK DJANSEZIAN/GETTY IMAGES.

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7 DAYS OF BEAUTY!

cheap & *easy* styles

Your hair routine should be as mellow as a summer afternoon! Stop the heavy styling (and save some cash!) with these cool new looks. by molly ritterbeck



SHE says

I ♡ switching up my style every day, so now I don't have to feel guilty about it. Plus, I can save extra money for my summer vacation!

–JADE, 16



wednesday

FISHTAIL HALF-UP

HOW-TO: Try this casual style for a low-key day at the movies: Make a middle part and gather the front half of your hair on one side. Fishtail it loosely, and then secure with an elastic. Repeat on the other side and tie the two together. Finish with a light mist of shine spray to amp up your hair's luster.

try: Suave Professionals Vibrant Shine Spray, **$3,** drugstores



tuesday

BANDED BUN

HOW-TO: Running late? Slipping on a metallic headband can turn any style into a *look*! Pull your hair back into an undone bun with an elastic, and then slide on the headband. Tug at the hair behind it for a flirty wind-blown effect.

try: Goody McCall Headbands, **$5** for set of two, CVS stores





$3

$5

monday

SOFT TEXTURE

HOW-TO: Getting up in the morning for your summer job is tough enough! Make it easier by working with your natural texture—scrunch a palm-size amount of mousse into damp hair and let it air-dry. The mousse holds the waves but keeps them soft, not crunchy!

try: Dove Style + Care Nourishing Curls Whipped Cream Mousse, **$4,** drugstores



$4

SEVENTEEN.COM Rock a different do every day of the week. See tons of new style ideas at seventeen.com/hairideas.

thursday

SLICK TOPKNOT

HOW-TO: A high-polish bun looks glamorously posh yet takes seconds to do! Apply gel to dry hair for sleek hold, and then pull hair straight back and secure in a high pony. Twist the tail around the base and pin for a smooth look that's perfect for a date night.

try: L.A. Looks Mega Hold Gel, **$2** for 4 oz., drugstores





saturday

MESSY POUF

HOW-TO: For a day full of shopping, try a tousled half-up. (Start with yesterday's texture and you won't cut into precious mall time!) Rough it up even more with a texturizing powder, and then pull your hair half back and secure with a clip.

try: Göt2b Powder'ful Back 2 Bed Texture Powder, **$6,** drugstores



friday

TEXTURED PONY

HOW-TO: Save your energy for a big night out, not slaving in front of the mirror! To get this fun pony, spritz a flexible hairspray (this one holds shape *and* adds shine!) at your roots, and then tease the hair in front to create extra lift. Pull all your hair back into a pony.

try: Not Your Mother's All Eyes On Me Shape & Shine Hairspray, **$6,** nymbrands.com

sunday

SUPER-SLEEK

HOW-TO: Look polished for your family dinner without a ton of hassle. You can get straight, sleek hair with this cool comb—just clamp it down and rake it through your strands as you blow-dry to get the same effect as a pricey flat-iron!

try: Cricket Carbon Straightening Comb, **$13,** cricketco.com for stores

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get a perfect pedi—for *free!*

Make your feet worthy of those pretty summer sandals. by tomoko takeda



get in shape! File your nails along the natural shape of your toes for the best look.

HOW-*to*:



clip your nails

Trim your nails so they extend just beyond the edge of your nail bed. Work from one corner of the nail to the other using small, even clips. One big chomp in the middle can cause your nail to crack!



file them smooth

To get a pretty shape, file them in one direction (sawing back and forth causes peeling and breakage), rounding the corners. Rub cuticle oil onto cuticles and gently push them back with an orange stick.



soak and scrub

Spending the cold winter holed up in your Uggs can cause feet to be rough and dry! To soften, soak them in warm, soapy water for 5 minutes. Then smooth rough spots with a foot file. (Don't scrub too hard or you'll make your skin raw!)



add a pop of color

For streak-free color, prep nails with a base coat to create a smooth surface, then swipe on two coats of color. Paint a swipe down the middle, and then another swipe on each side. Seal with a top coat.

MAIN PHOTO: OLIVIA GRAHAM. PEDICURE: CHAMPAGNE AT FORD ARTISTS FOR CND. STEP-BY-STEP PHOTOS: PETER ROSA/STUDIO D. PEDICURE: FLEURY ROSE FOR ARTISTSBYTIMOTHYPRIANO.COM. JENNER: STEVE GRANITZ/WIREIMAGE. MINAJ: JORDAN STRAUSS/WIREIMAGE. STILL LIFES: J MUCKLE/STUDIO D.

PRETTY *pedi* IDEAS



KENDALL JENNER

classic

For a pedi that attracts attention, go for a fiery red!



HAYDEN PANETTIERE



edgy

Paint a gold shatter top coat over silver or gunmetal polish. Mixed metals is equal parts cool and glamorous!



BELLA THORNE



girly

Treat your feet to some pretty nail art, like floral decals and rhinestones. Accent only the big toe for an extra-femme touch.



NICKI MINAJ



fun

Celebrate sandal season with a bright shade, like neon pink or orange!

sneaky secrets!

Keep your toes in tip-top shape! Here's how to keep your color from looking streaky, dull, and sloppy.

stop streaks!

17 TIP: Pastels and other white-based shades tend to go on unevenly. Before applying a base coat, wipe nails with a cotton pad soaked in polish remover to get rid of oily residue that can clump polish.

add shine!

17 TIP: Metallics like bronze and silver look glam but can get dull quickly. To revive glossiness in a pinch, quickly rub a microfiber cloth or a cotton tee over the tops of nails.

get glittery!

17 TIP: To get the maximum dose of sparkle, roll the bottle between the palms of your hands. This mixes the glitter that has sunk to the bottom of the bottle.

avoid chips!

17 TIP: Mattes tend to chip easily. For a long-lasting paint job, apply three coats of polish, and then hold the brush vertically and sweep the side of it across the top edge of nails with a thin coat of polish.

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“if you ask me, all signs point to a **bikini** **so teeny.**”

essie



new
summer collection
2012

cascade cool

all tied up

off the shoulder

fear or desire

mojito madness

DBP, Toluene and Formaldehyde free

new
bikini so teeny

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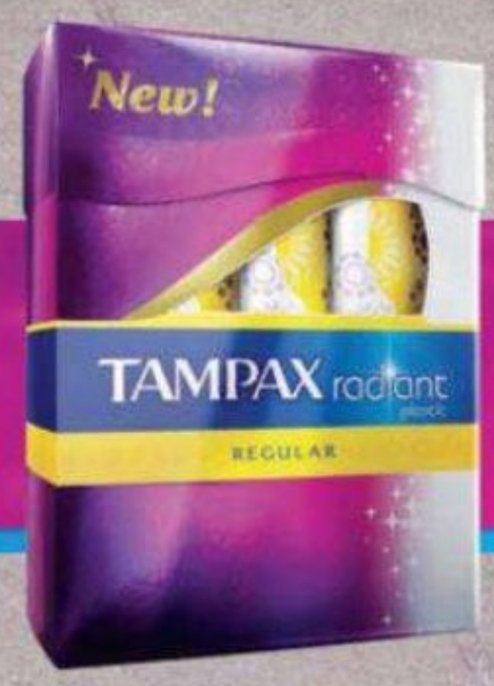
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colormekatie.blogspot.com

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CELEB SPECIAL!

seventeen FITNESS

LOOK HOT

AT THE BEACH!

- ☑ **Get Flat Abs, Sexy Legs, And a Cute Butt**
- ☑ **See Readers' OMG Makeover Stories**
- ☑ **Eat Your Fave Foods (The Healthy Way!)**

PLUS:
Selena's sneaky beach workout!

GOMEZ: SPLASHNEWS.COM.

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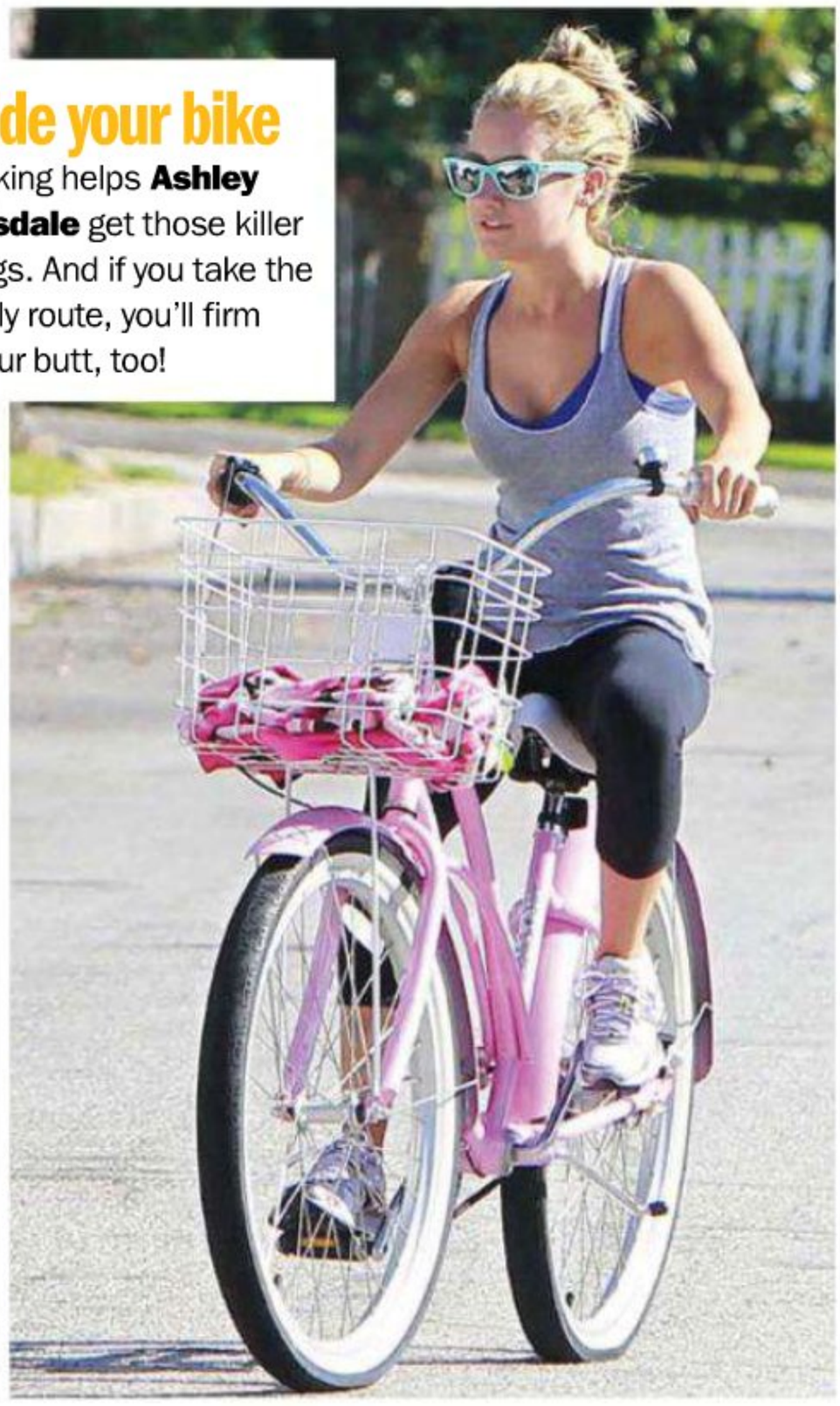
02
PERFORM

WATER DOESN'T HAVE WHAT YOUR BODY NEEDS TO PERFORM AT ITS HIGHEST LEVEL. THE ORIGINAL GATORADE DOES. IT'S HYDRATION TO HELP REPLACE WHAT YOU SWEAT OUT THROUGHOUT YOUR WORKOUT. SO WHEN THE WEIGHTS PUSH YOU, YOU CAN PUSH THEM BACK.

SERIES

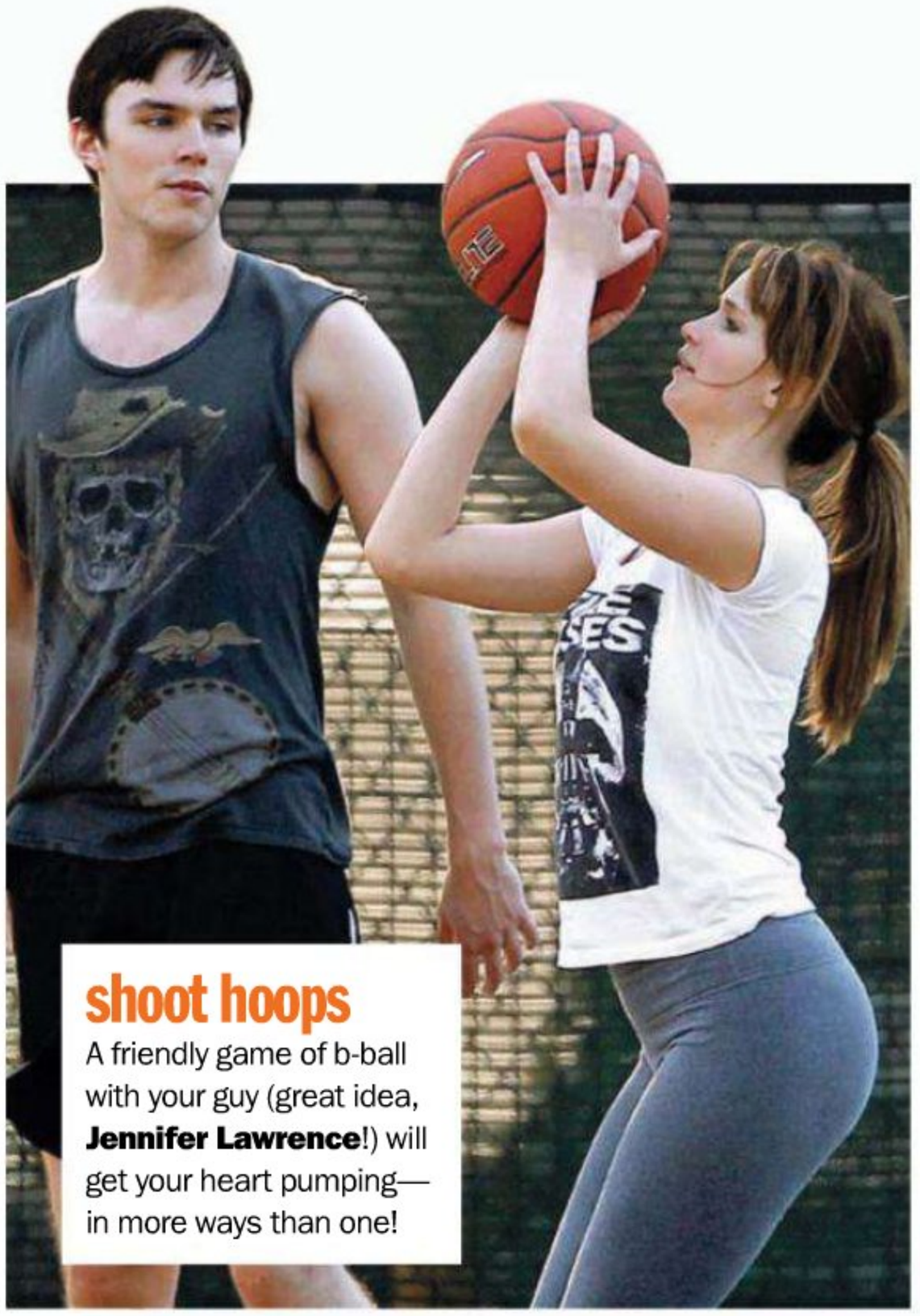
WORK OUT ANYWHERE!

The best thing about summer? The whole *world* is your gym. So go outside and play!



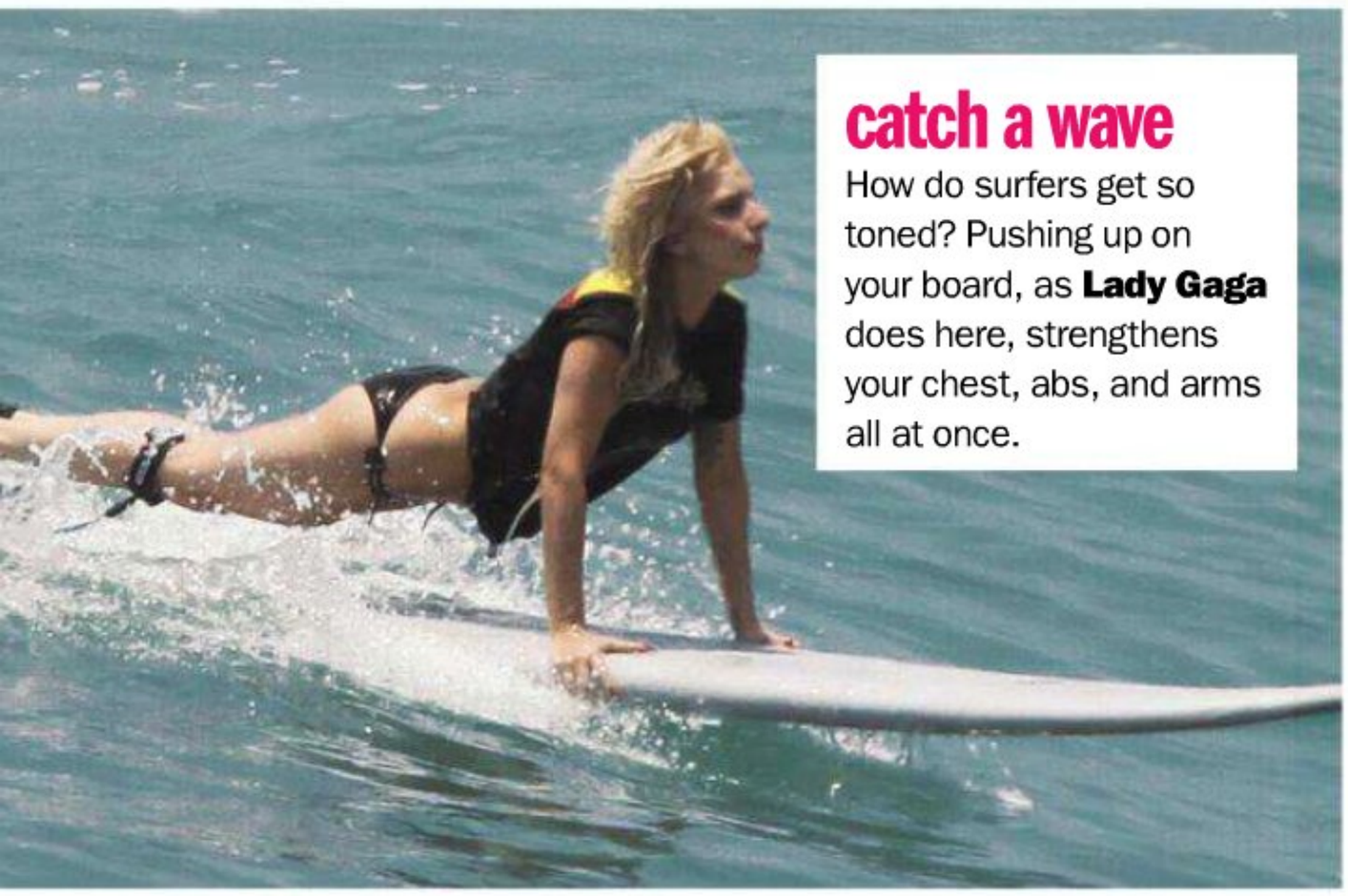
ride your bike

Biking helps **Ashley Tisdale** get those killer legs. And if you take the hilly route, you'll firm your butt, too!



shoot hoops

A friendly game of b-ball with your guy (great idea, **Jennifer Lawrence**!) will get your heart pumping—in more ways than one!



catch a wave

How do surfers get so toned? Pushing up on your board, as **Lady Gaga** does here, strengthens your chest, abs, and arms all at once.



walk the beach

Just ask **Selena Gomez:** It's a sneaky toner. Your feet sink into the sand, so your leg muscles have to work harder! (But don't *overwork* them—15 to 30 minutes should do it.)

TISDALE: JUAN SHARMA BRUJA/PACIFIC COAST NEWS. LAWRENCE: GAZ SHIRLEY/PACIFICCOASTNEWS.COM. GAGA: CLASOS.COM/SPLASH NEWS. GOMEZ: FAMEPICTURES, INC. PALMER: LARRY BUSACCA/GETTY IMAGES. ROBB: NICHOLAS SCOTT/FLYNET. BENSON: JEFF STEINBERG/PACIFIC COAST NEWS (2). LOS ANGELES: LORENTZ GULLACHSEN/GETTY IMAGES (USED FOR ILLUSTRATIVE PURPOSES ONLY). TEAM SEVENTEEN PHOTO: CHRIS ECKERT/STUDIO D.



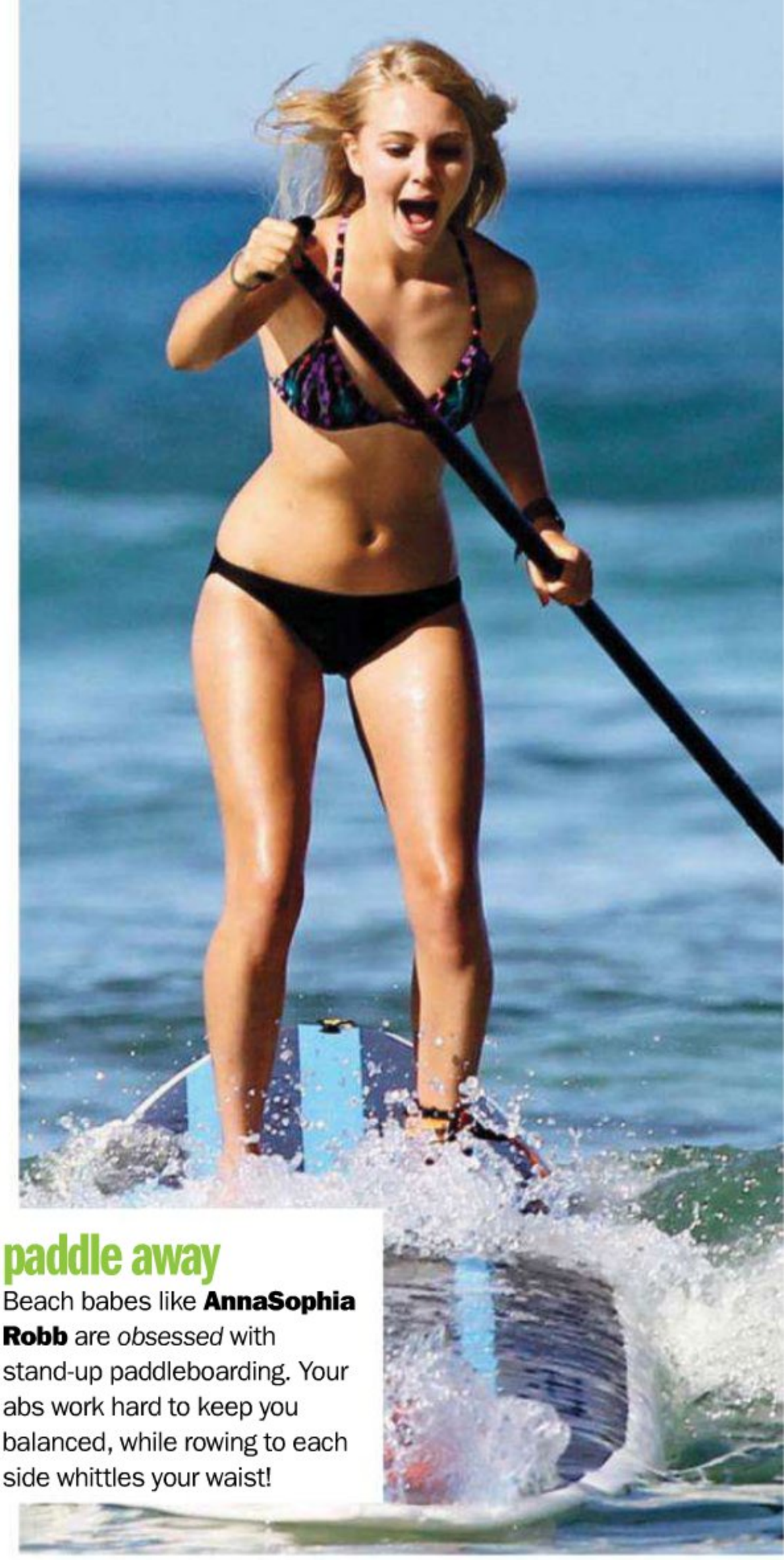
hit the park

Jog there, do some crunches, then stroll home—just like **Ashley Benson** and her BF!



climb high

Take a cue from **Keke Palmer,** who tackled this ginormous climbing wall. Pulling yourself up little by little gives your back and shoulders major definition. (Strapless sundress, here you come!)



paddle away

Beach babes like **AnnaSophia Robb** are *obsessed* with stand-up paddleboarding. Your abs work hard to keep you balanced, while rowing to each side whittles your waist!



JOIN THE

TEAM SEVENTEEN FIT CLUB!

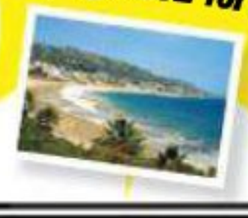
You know how easy it is to get distracted or make excuses when it comes to working out. That's why we're launching the

Team Seventeen Fit Club!

With new workouts and food advice every day, it's like having your own virtual personal trainer to motivate you!

Go to seventeen.com/17fitclub to check it out.

Enter to win a trip for two to Los Angeles from Expedia—the perfect chance to show off your killer beach bod! See page 152 for rules.



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HOLLYWOOD'S HOTTEST

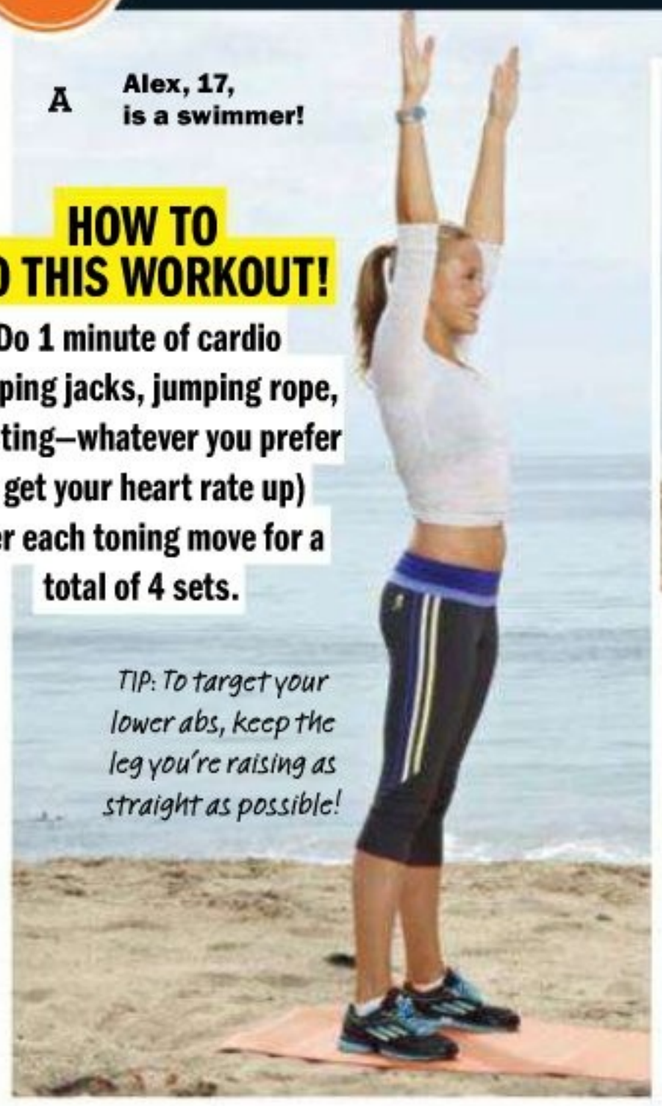
a boot camp workout for... FLAT ABS!



Boot camp might sound intense, but it's just a fun way to mix cardio and toning drills! Shay Mitchell and Amanda Seyfried love it.

1 STANDING PIKE CRUNCH

A Alex, 17, is a swimmer!





HOW TO DO THIS WORKOUT!

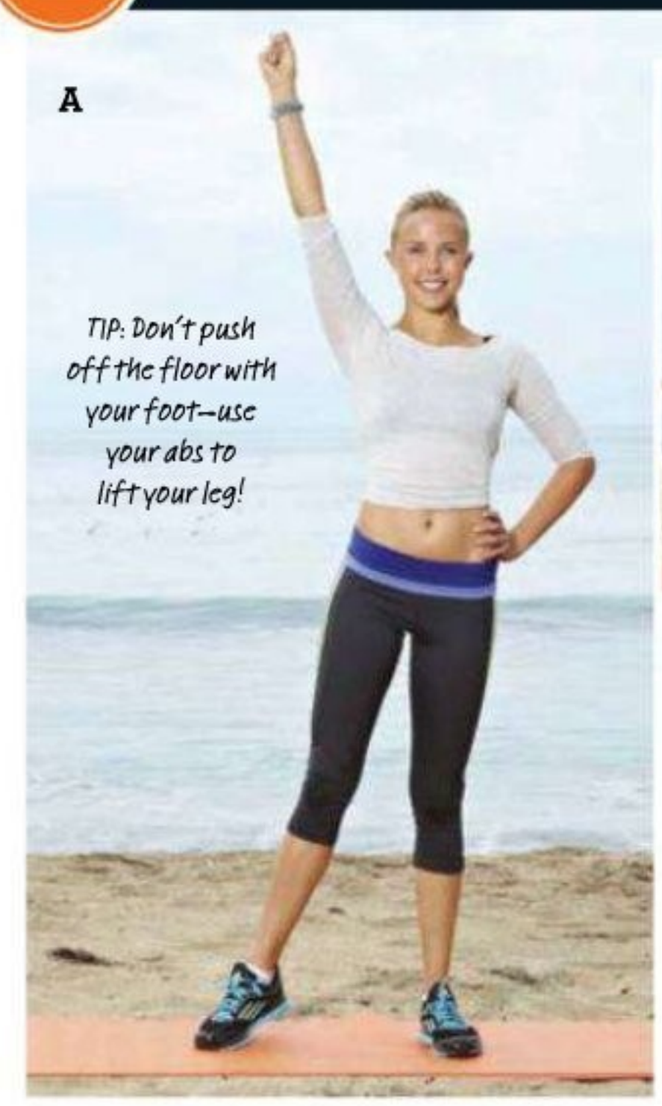
Do 1 minute of cardio (jumping jacks, jumping rope, sprinting—whatever you prefer to get your heart rate up) after each toning move for a total of 4 sets.

TIP: To target your lower abs, keep the leg you're raising as straight as possible!

a Stand, feet hip-width apart and arms straight up above your head.

b Squeeze abs and slowly raise right leg as you lower arms to meet it. Return to start. Repeat with left leg. Do for 1 minute.

2 STANDING KNEE CRUNCH



TIP: Don't push off the floor with your foot—use your abs to lift your leg!



a Stand, left hand on hip and right arm straight up in the air. Put weight on left foot and point right toes out.

b Slowly raise right knee to the side, bringing right elbow down to meet it. Hold for 1 second. Return to start. Do for 1 minute on each side.

3 PLANK + CLIMBER

A

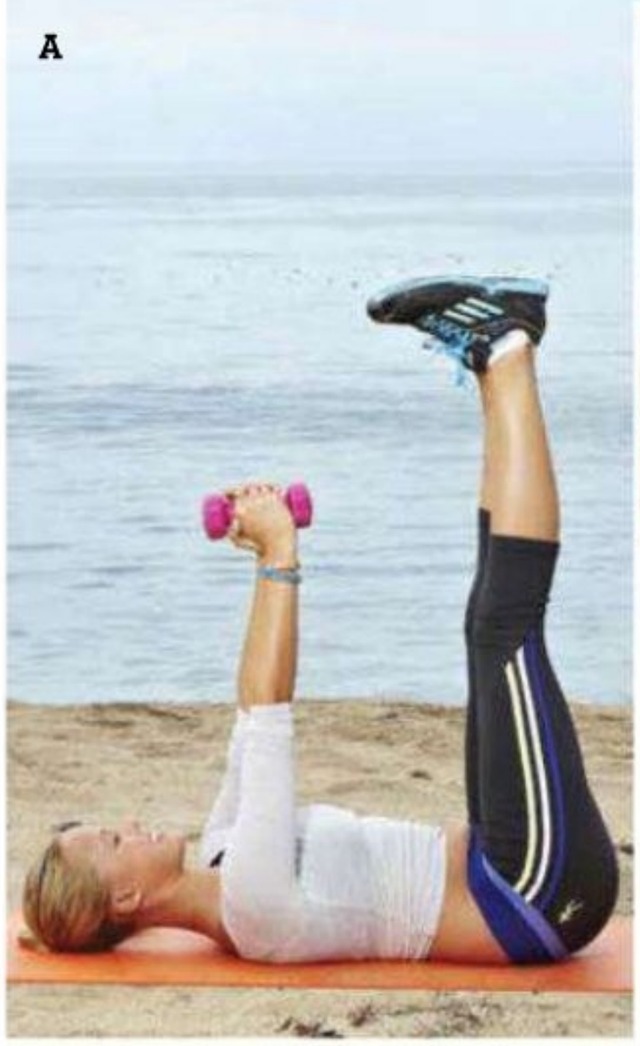


a Get in a plank: hands directly under shoulders, abs tight, and body straight from head to feet. Hold for 30 seconds.

b Now do climbers: Bring left knee into chest, then return to start. Repeat with right knee. Keep going as fast as you can for 30 seconds.



4 WEIGHTED TOE PUSH





a Lie on back with legs extended to the sky at 90°. Hold a 5-lb weight in both hands above chest, with arms straight.

b Use abs to crunch up and reach the weight toward your feet. Return to start. Do for 45 seconds.

YOUR 17 TRAINER: Joey Gonzalez, co-owner of Barry's Bootcamp (barrysbootcamp.com).

SEVENTEEN.COM Get how-to videos for the moves at seventeen.com/hotworkouts.

WORKOUTS

When the fittest stars all hit the same fun classes, you know the moves work. Do one of these workouts every other day (with rest days in between) to get *your* best bod!

ballet bar moves for... SEXY LEGS!



A ballet-bar workout will make you look longer and leaner—celeb fans like Dakota Fanning, Ashley Benson, and Lucy Hale are proof!

1 DIAMOND THIGH



A **Alexandria, 19, plays tennis!**

TIP: For extra allover toning, squeeze your butt and keep your abs tight.

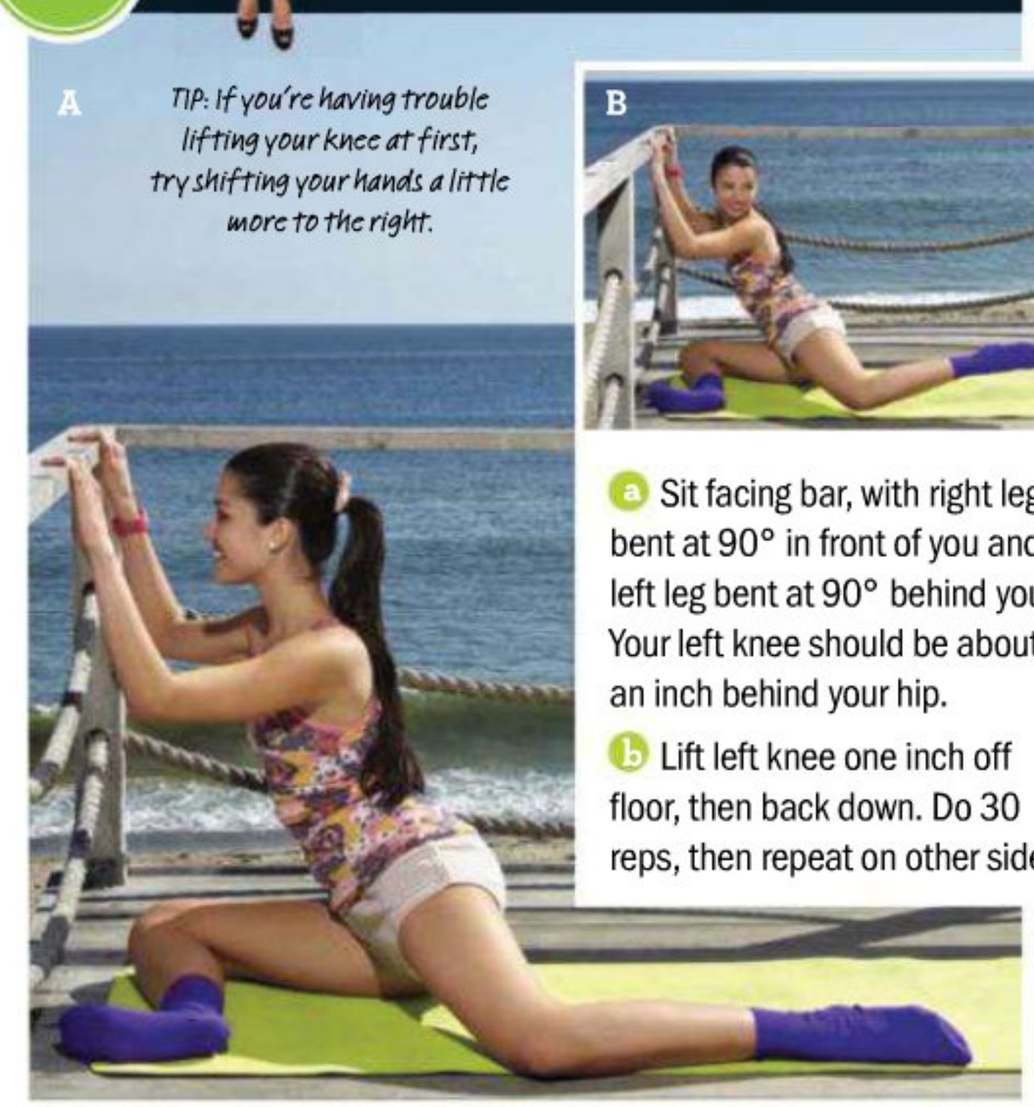
Wear socks, not sneaks, to work your legs extra-hard. And if you don't have a bar, use a railing or the back of a chair or couch.

B

a Hold bar with right hand. Turn knees out so feet are in a wide V, with heels pressed together. Raise up on balls of feet.

b Bend knees to lower down with heels still off the ground and hold for 30 seconds. Rest, then repeat two more times.

2 PRETZEL



A *TIP: If you're having trouble lifting your knee at first, try shifting your hands a little more to the right.*

B

a Sit facing bar, with right leg bent at 90° in front of you and left leg bent at 90° behind you. Your left knee should be about an inch behind your hip.

b Lift left knee one inch off floor, then back down. Do 30 reps, then repeat on other side.

3 TURNED-OUT HEEL RAISE



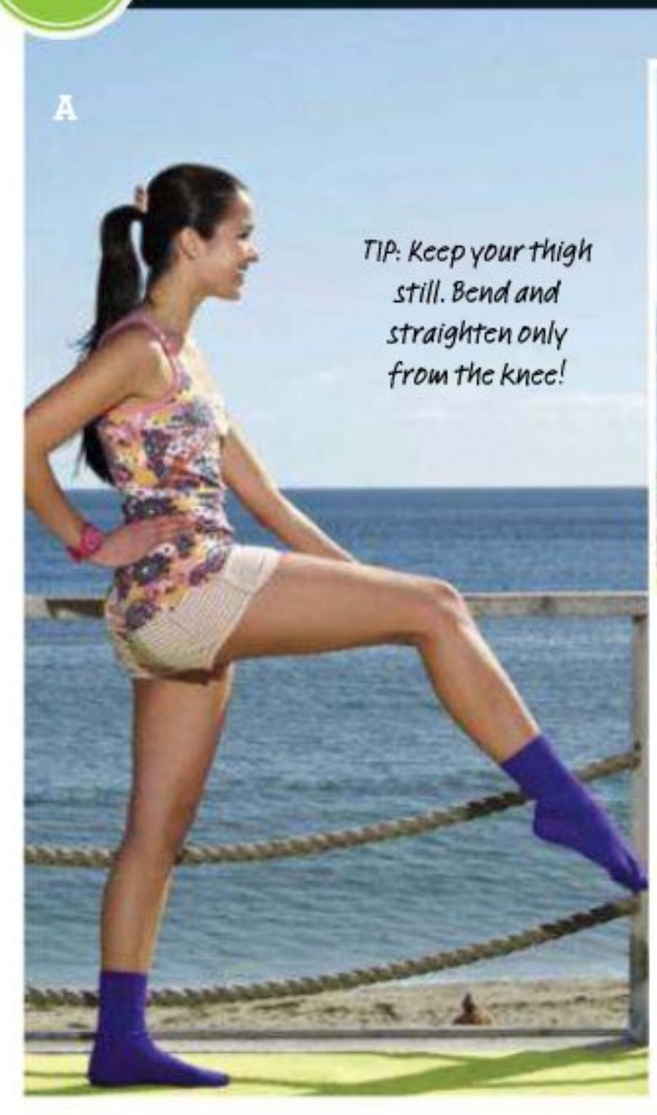
A

B

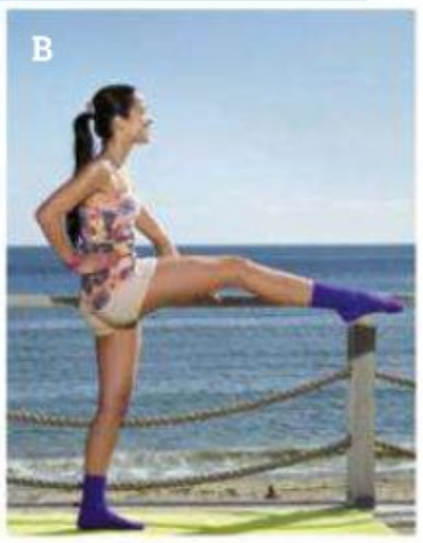
a Hold bar with right hand. Turn feet out into a wide V and lift left hand up over head.

b Raise up on balls of feet, then return to start. Do 30 quick reps (up-down, up-down), then rest and repeat.

4 LEG LIFT



A *TIP: Keep your thigh still. Bend and straighten only from the knee!*



B

a Hold bar with left hand. Lift right leg as high as you can with toes pointed and knee slightly bent.

b Straighten right leg, then re-bend. Do 16 reps slowly, then 16 at a faster pace. Turn around and repeat with left leg.

YOUR 17 TRAINER: Burr Leonard, founder of The Bar Method (barmethod.com).

REAL-GIRL PHOTOS: CHRIS ECKERT/STUDIO D. SENIOR FASHION EDITOR: ANNEBET DUVALL. HAIR: STEPHEN LEWIS FOR EXCLUSIVE ARTISTS/ENZO MILANO. MAKEUP: ERIN LEE SMITH AT TRACEYMATTINGLY.COM. ON ALEX: TOP, OLD NAVY; PANTS AND SNEAKERS, ADIDAS ORIGINALS; EARRINGS, SOCKS, PUMA. ON ALEXANDRIA: TANK, MOSSIMO FOR TARGET; SPORTS BRA, UNDER ARMOUR; SHORTS, O'NEILL; EARRINGS, FOREVER 21; WATCH, LULU'S; SOCKS, WE LOVE COLORS. MITCHELL: JASON LAVERIS/FILMMAGIC. FANNING: DIMITRIOS KAMBOURIS/GETTY IMAGES.

boxing for a... TONED UPPER BODY!



What do total knockouts Julianne Hough, Leven Rambin, and Britt Robertson have in common? Yup, you guessed it—boxing workouts!

1 CORE TWIST



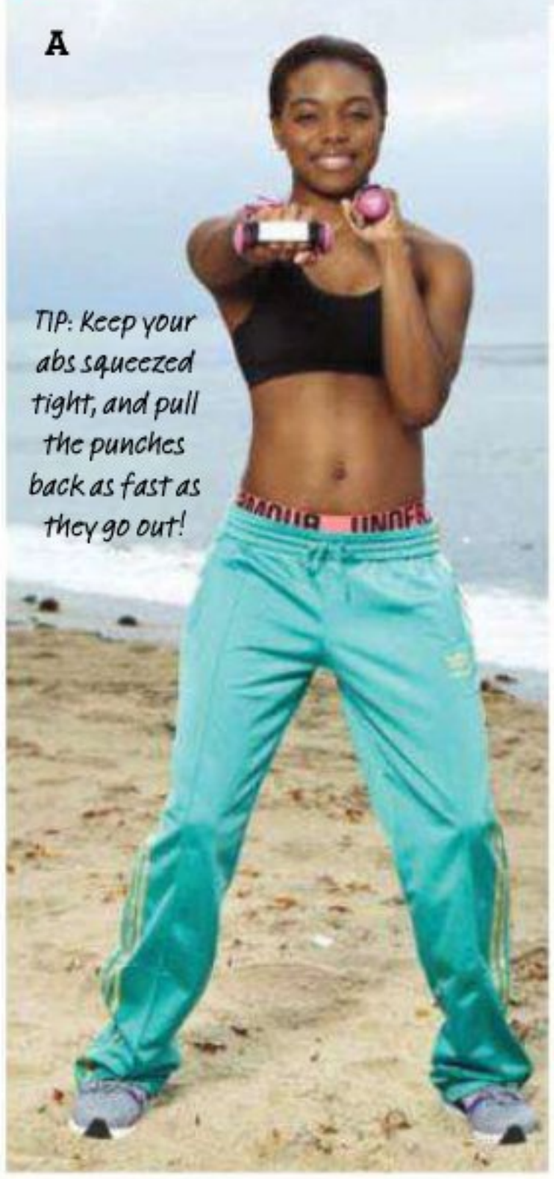


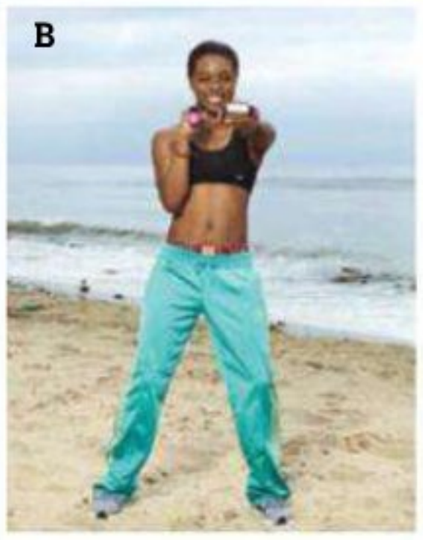
START LIKE THIS!
To get in your stance for all boxing moves: Stand with feet a little wider than shoulder-width apart, knees slightly bent. Bring hands up to chin level and tuck elbows close to ribs!

a From start, bring elbows up to shoulder-height with fists touching in front of chest. Tighten every muscle, head to toe.

b Twist upper body to the left, then repeat to the right. Keep twisting as fast as you can for 3 minutes.

2 POWER PUNCH

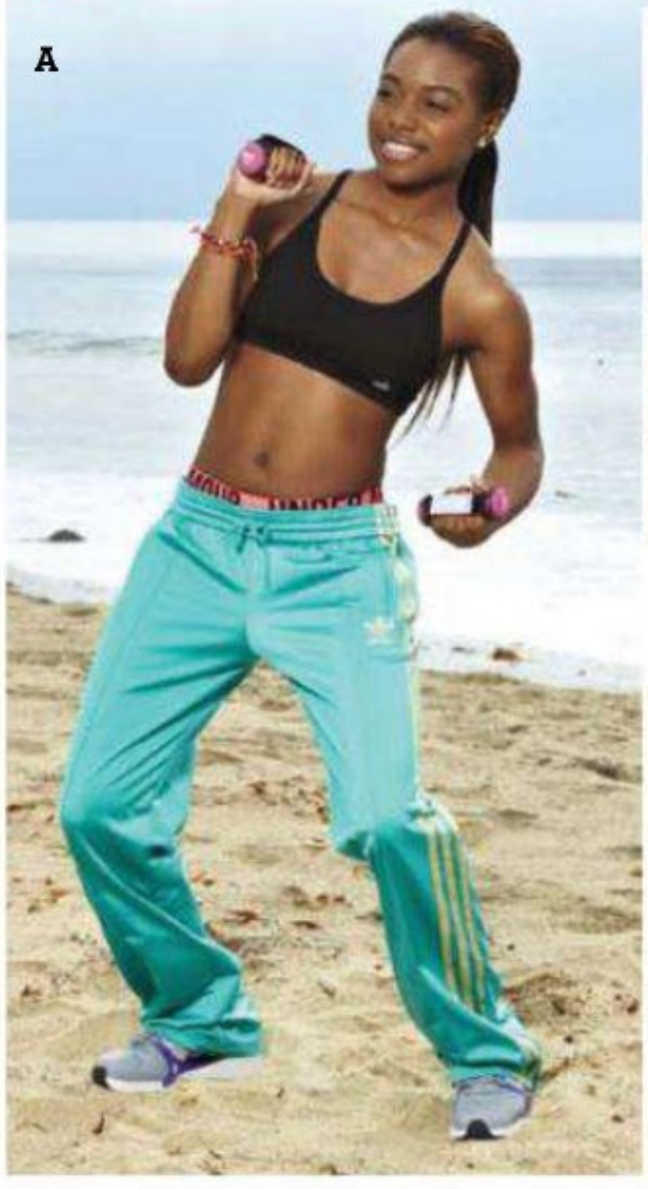


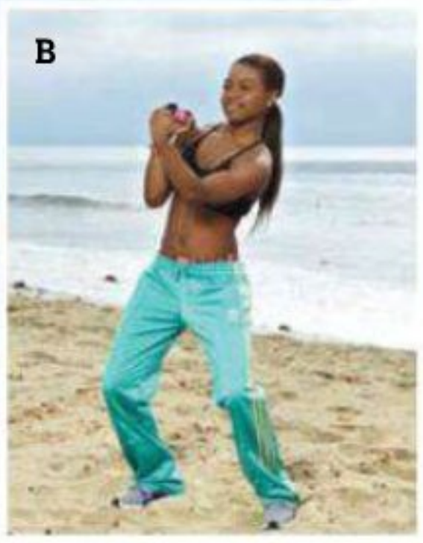


a From start, punch straight out with right arm, rotating arm to "hit" your opponent with palm facing the ground. Rotate fist back to start.

b Repeat with left arm. Keep punching slowly, alternating arms, for 1 minute. Then speed up and go fast for 2 minutes!

3 UPPERCUTS

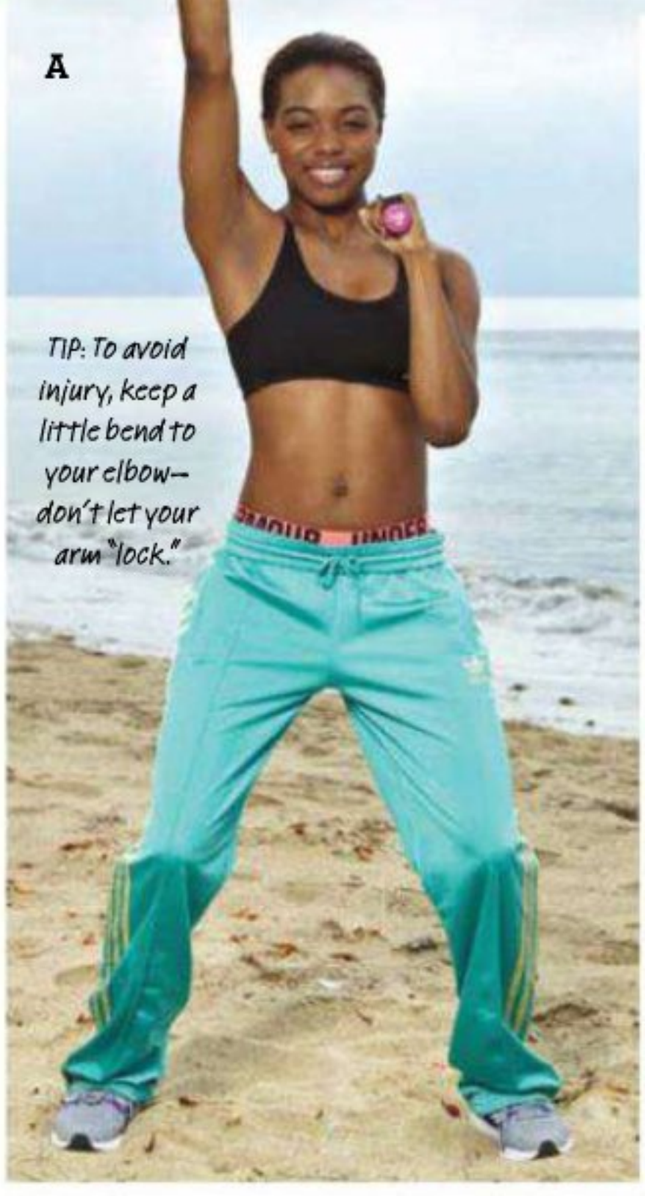




a From start, tilt upper body slightly to the left, keeping right elbow tucked to ribs as you bring left fist to waist.

b Twist left shoulder forward as you throw an upward-arching punch, ending with your palm facing you. Bring it back fast. Do for 1 minute on each side.

4 PUNCH UP





a From start, squeeze abs tight as you extend right arm straight up overhead.

b Drop right arm back to start and at the same time, extend left arm straight up overhead. Keep going for 3 minutes!

ON ALEXIS: SPORTS BRA, ALO; BOXERS, UNDER ARMOUR; PANTS, ADIDAS ORIGINALS; EARRINGS, LULU'S; BRACELETS, AÉROPOSTALE; SNEAKERS, NIKE. HOUGH: RICHIE BUXO/SPLASH NEWS.

YOUR 17 TRAINER: Michael Olajide, Jr., creator of AEROBOX (aerospacenyc.com).

SEVENTEEN.COM Customize your workouts with tips from the trainers at seventeen.com/hotworkouts.

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mixed martial arts for a... CUTE BUTT!

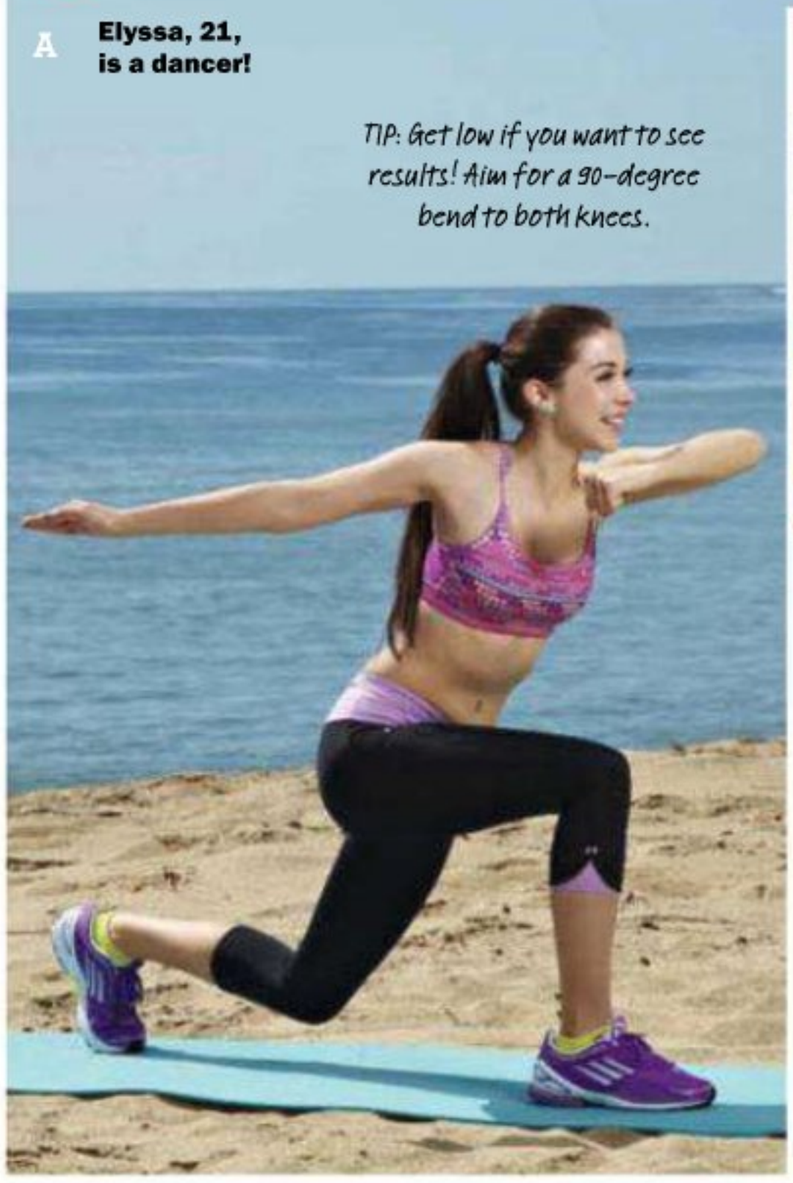


Ashley Greene and Vanessa Hudgens have both used fight training and martial arts to get in killer shape for movie roles.

1 ROCKING LUNGE

A **Elyssa, 21, is a dancer!**

TIP: Get low if you want to see results! Aim for a 90-degree bend to both knees.



B

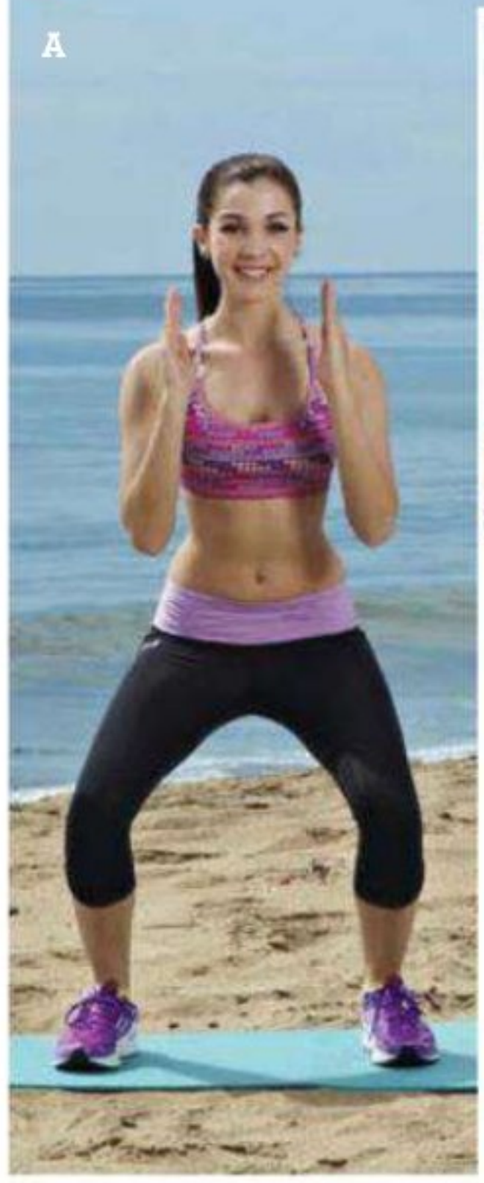


a Step back into a lunge with left leg as you reach right arm back and bring left arm up, as if to cover your face.

b Step left foot forward so that it's parallel to right foot and lower into a deep squat. Repeat move on the other side. That's one rep. Do 3 sets of 10.

2 SIDEWAYS SWEEP

A



B

TIP: Push off your left heel to return to start. It'll target your booty!



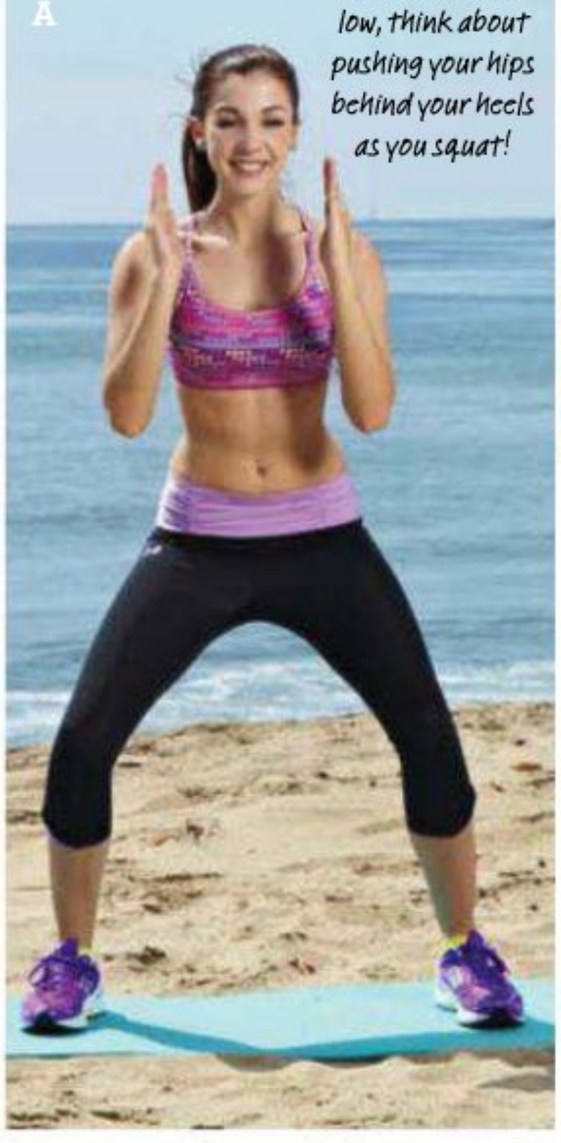
a Stand, knees bent and hands at chest with palms facing each other.

b Step left into a low lunge with left foot pointing left and right leg straight. Place left palm on ground and reach right arm over head. Return to start. Do 3 sets of 10 reps, alternating sides.

3 DUCKING SQUAT

A

TIP: To get super-low, think about pushing your hips behind your heels as you squat!



B

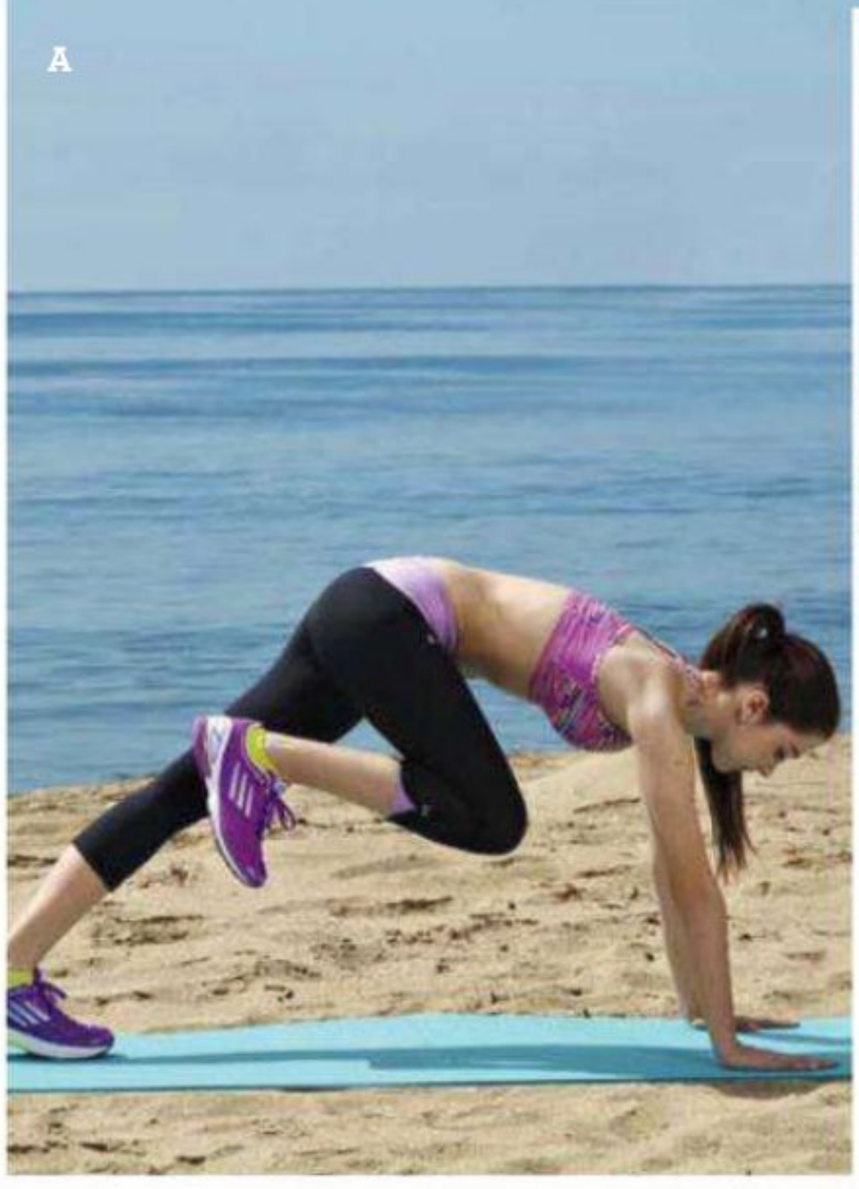


a Stand, feet wider than shoulder-width apart, knees bent, and hands at chest with palms facing each other.

b Squat and lower chest toward left thigh as you extend left arm out behind you and bring right arm up to face. Return to start. Do 10 reps, alternating sides.

4 REVERSE PUSH KICK

A



B



a Bend over and place hands on ground beneath shoulders. Pull right knee into chest.

b Kick right leg out and up toward the sky, pushing with your heel. Return to start. Do 10 reps on each side.

ON ELYSSA: SPORTS BRA, AMERICAN EAGLE OUTFITTERS; PANTS, UNDER ARMOUR; EARRINGS, LULU'S; SOCKS, PUMA; SNEAKERS, ADIDAS ORIGINALS. GREENE: DONATO SARDELLA/WIREIMAGE.

 YOUR 17 TRAINER: Brett Hoebel, a mixed martial artist and founder of Hoebel Fitness (bretthoebel.com).

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YUMMY FOOD SECRETS



This super smoothie is low in sugar but high in protein, healthy fat, and fiber—a combo that will give you *unbelievable* energy to conquer your day. (*Psst:* The riper the banana you use, the sweeter your shake will be—naturally!)

BREAKFAST



victoria justice's power shake!

8 oz. skim milk + 1 ripe medium banana, sliced + ¼ cup ice + 2 tbsp. peanut butter

Toss all ingredients in a blender, then puree for 1 minute (or until creamy—but not *liquidy*). Pour into a tall glass and drink up!



If you're a vegetarian like Aimee, or you're just looking for a light and healthy lunch, stuff your fave veggies into a whole wheat wrap. Adding hummus and a little cheese will help you get the protein you need if you're skipping meat!

LUNCH

aimee teegarden's vegetarian wrap!

¼ cup hummus + one 8-inch whole wheat wrap + ¼ cup low-fat mozzarella cheese + 1 cup fresh spinach + ¼ cup sun-dried tomatoes + ¼ avocado, sliced

Spread hummus on the wrap, then arrange cheese, spinach, sun-dried tomatoes, and avocado in the middle. Fold the bottom up over the fillings, then fold the sides in. Roll up from the bottom, heat for 20 seconds in the microwave, then slice in half!

STILL LIFES: JESUS AYALA/STUDIO D. FOOD STYLIST: MARGARETTE ADAMS FOR MARNIE ROSE AGENCY. JUSTICE: FOTONOTICIAS/WIREIMAGE. TEEGARDEN: JOHN SHEARER/WIREIMAGE. ACCOLA: FREDERICK M. BROWN/GETTY IMAGES. ZENDAYA: FRAZER HARRISON/WIREIMAGE. REED: D DIPASUPIL/FILMMAGIC.

SEVENTEEN.COM Get ideas for healthy, yummy beach snacks (that won't make you bloated!) at seventeen.com/beachsnackrecipes.

FROM THE STARS!

How do celebs stay so healthy and energized? Try their favorite recipes and find out for yourself!



Unlike tomato salsa from a jar, Candice's salsa has protein from the beans and cheese—which means you'll get satisfied *before* blowing through a whole bag of chips. (She also recommends eating it with eggs for a healthy Mexican-ish breakfast!)

AFTERNOON SNACK



candice accola's sunset salsa!

Makes 4 servings

One 15.5-oz. can low-sodium black beans + one 15-oz. can kernel corn + one 8-oz. package cherry tomatoes, diced + 4 oz. jar roasted red peppers, diced + 8 oz. reduced-fat feta cheese, crumbled + cilantro (to taste) + 1 lime

In large bowl, mix beans, corn, tomatoes, peppers, cheese, and cilantro with wooden spoon. Squeeze lime juice on top, then stir through. Serve with baked whole grain tortilla chips (1 serving = about 15 chips) for scooping!



DINNER



zendaya's summery rice salad!

Makes 4 side dish servings

2 cups instant brown rice, dry + 2 cups vegetable broth + 1 tbsp. olive oil + 1 small onion, diced + 1 small zucchini, diced + one 8-oz. package mushrooms, sliced + 2 carrots, julienned + 2 tsp. lemon juice + salt + pepper

Make rice according to package instructions, using vegetable broth instead of water; set aside. Heat olive oil in skillet, then add all veggies; sautée for 3 minutes. Add rice, then cook on medium heat for 5 minutes. Switch to low heat and cook until rice is heated through. Add lemon juice, and salt and pepper to taste, then chill for 30 minutes. Serve cold.

When you're having dinner from the grill, like BBQ chicken, swap this healthy side for your typical mayo-based macaroni or potato salad. You'll lose tons of unhealthy fat—but gain vitamins and fiber from the veggies and brown rice!



SWEET TREAT



crystal reed's sweet apple sammies!

Makes 2 sammies (1 serving)

1 apple, cored and cut into 4 round slices + 2 tbsp. almond butter or peanut butter + cinnamon (to taste) + 2 tbsp. mini dark chocolate chips

Spread 1 apple slice with 1 tbsp. almond butter, then sprinkle with pinch of cinnamon. Top with 1 tbsp. chocolate chips. Place another apple slice on top. Repeat with remaining ingredients.

Instead of mindlessly snacking on M&M's to satisfy a chocolate craving, steal Crystal's trick. She adds a little dark chocolate (research shows it might help boost your mood!) to an apple with almond butter. It's filling but still super-sweet!

17 EXPERT: **Sarah B. Krieger, R.D.,** an Academy of Nutrition and Dietetics spokesperson.

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"I LOST 25 LBS!"

Need a little more motivation? Country star **Lauren Alaina** is *proof* that hard work pays off!



"I had been pretty slim most of my life. I played volleyball and did gymnastics, so I was always moving. But then when I was 14, I started getting really bad migraines and blurry vision, and I went on medication that made me gain weight. I was constantly worried (about both my illness *and* the weight gain), and that's when **I picked up the bad habit of eating to make myself feel better** about it—which only made things *worse*.

My illness didn't dampen my dreams of being a star, though. A year later, **I auditioned for *American Idol*,** and the first time I saw myself on TV . . . I was shocked! Who was that sweaty, panting, out-of-breath girl? Right then and there, I made a promise to myself: Once the show ended, I would get in the best shape of my life. So that June, before we left for the *American Idol* tour, I started working with a trainer five days a week, and she also set me up with a healthy eating plan. I learned that I had been eating meals that were about *three* times as big as they should have been! To be honest, after I cut my portions, I was pretty hungry at first. But then the weight started coming off! I also had this amazing moment where I was like, **Wow, a meal can make you feel so energized**—before I used to want to lie down and go to sleep after eating.

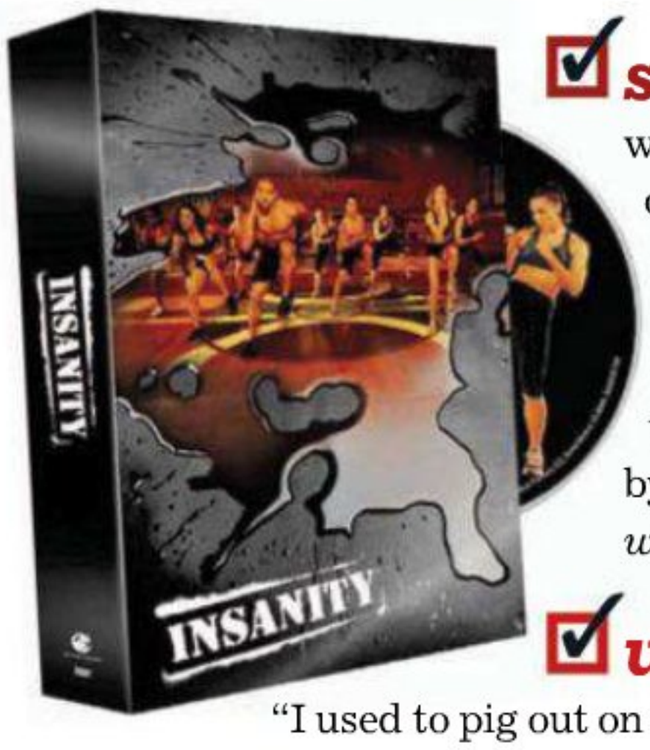
The first time I saw myself on TV, I was shocked."

It took me five months to lose 25 pounds, and I'm not going to lie: **It's a lot harder to be healthy than it is to be unhealthy.** But once you get through the first week or two, you start to feel *so* much better—both mentally and physically—that you can't even imagine going back to your old habits! I feel incredibly confident and energetic now, but it's not really about the weight loss. It's about the healthy new person I've become."

17 EXPERT: **Basheerah Ahmad, M.S.,** a celebrity trainer who has worked with Lauren Alaina, Carrie Underwood, and Jordin Sparks.

ALAINA: ANNA MARINA KARADIMAS. STILL LIFES: (BOXING GLOVES) PETER DAZELEY/GETTYIMAGES.COM; (CHEESECAKE) FOODCOLLECTION/GETTYIMAGES.COM.

steal lauren's secrets!

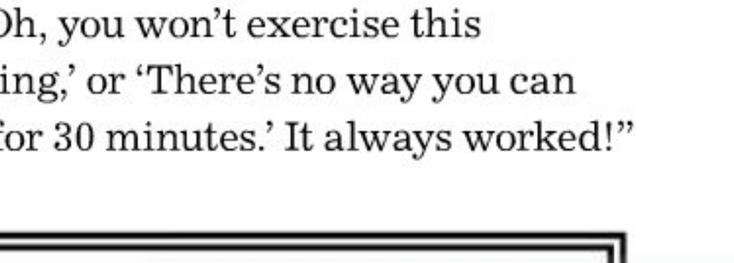


☑ start slow "You can't start with a killer workout like P90X or INSANITY—it'll be too hard and you'll give up. I couldn't even run for 20 seconds on the treadmill last June! But my trainer and I added to that little by little, and now I can do the *whole* INSANITY DVD."

☑ use your stress "I used to pig out on big plates of mac and cheese when I was stressed, but my trainer taught me to channel my tension into boxing workouts. She says I have the best right cross she's ever seen!"

☑ eat it—then write it down "I didn't count calories, but I'd mark down everything from a full meal to a handful of chips. It helped me see how much I was really eating and made me think about my choices instead of just shoving food in my mouth!"

☑ enjoy every treat "I was eating cheesecake every night but not even enjoying it, because I *knew* that having it every night was bad for me—I just couldn't stop! Now I'll have it once a week, and each bite tastes heavenly because it feels like something I deserve—not something I shouldn't be having!"





☑ find your motivation "I love proving people wrong, so I got my mom to use reverse psychology on me: 'Oh, you won't exercise this morning,' or 'There's no way you can run for 30 minutes.' It always worked!"

"we did it, too!"

These *Seventeen* readers changed their bodies *and* their lives.



make small changes

"In the past, I tried to exercise hard and change my diet all at once. But this time, I focused on eating healthier *first.* It was less overwhelming, and after a week or two, I had so much energy that starting my workouts felt way easier!"

–REGINA, 20, ORANGE, NJ



set mini goals

"When I started running last May, I made every 30 seconds I added to my workout feel like its own milestone. Reaching those little goals kept me motivated. Now I've run my first 5K!"

–McCAREY, 19, SAVANNAH, GA



change your plate

"Use a smaller plate to learn portion size. It sounds silly, but when you fill up the plate, you don't feel like you are depriving yourself—and you can always take seconds if you're still *truly* hungry."

–ALEXIS, 20, HOUSTON, TX

SEVENTEEN.COM Lauren reveals more of her fitness secrets at seventeen.com/laurenalaina.

YOUR SUMMER FIT-SPIRATION!

Exercising and eating right are easier when you focus on how they make you *feel*. So rip out these little reminders!

THE Body Peace PROJECT



BE REAL!
HEALTHY & BEAUTIFUL COMES IN ALL SHAPES & SIZES.
-KATHERINE SCHWARZENEGGER
Author and *Seventeen* Body Peace Panel Member

treat your BODY like you would treat a FRIEND.
-AMBER RILEY
Glee star and *Seventeen* Body Peace Panel Member

have you thanked your body today?
(be grateful. stay positive.)
-SHAILENE WOODLEY
The Secret Life of the American Teenager star and *Seventeen* Body Peace Panel Member



SEVENTEEN.COM Spread the positivity! Go to seventeen.com/fitspiration to post these graphics to your Facebook, Tumblr, or Pinterest.

MOORE: BRENT BIELMANN/RED BULL CONTENT POOL. SPARKS: COURTESY OF REEBOK.

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91 YEARS LATER – STILL WAITING FOR THAT TO ACTUALLY HAPPEN.



It's time to get real.

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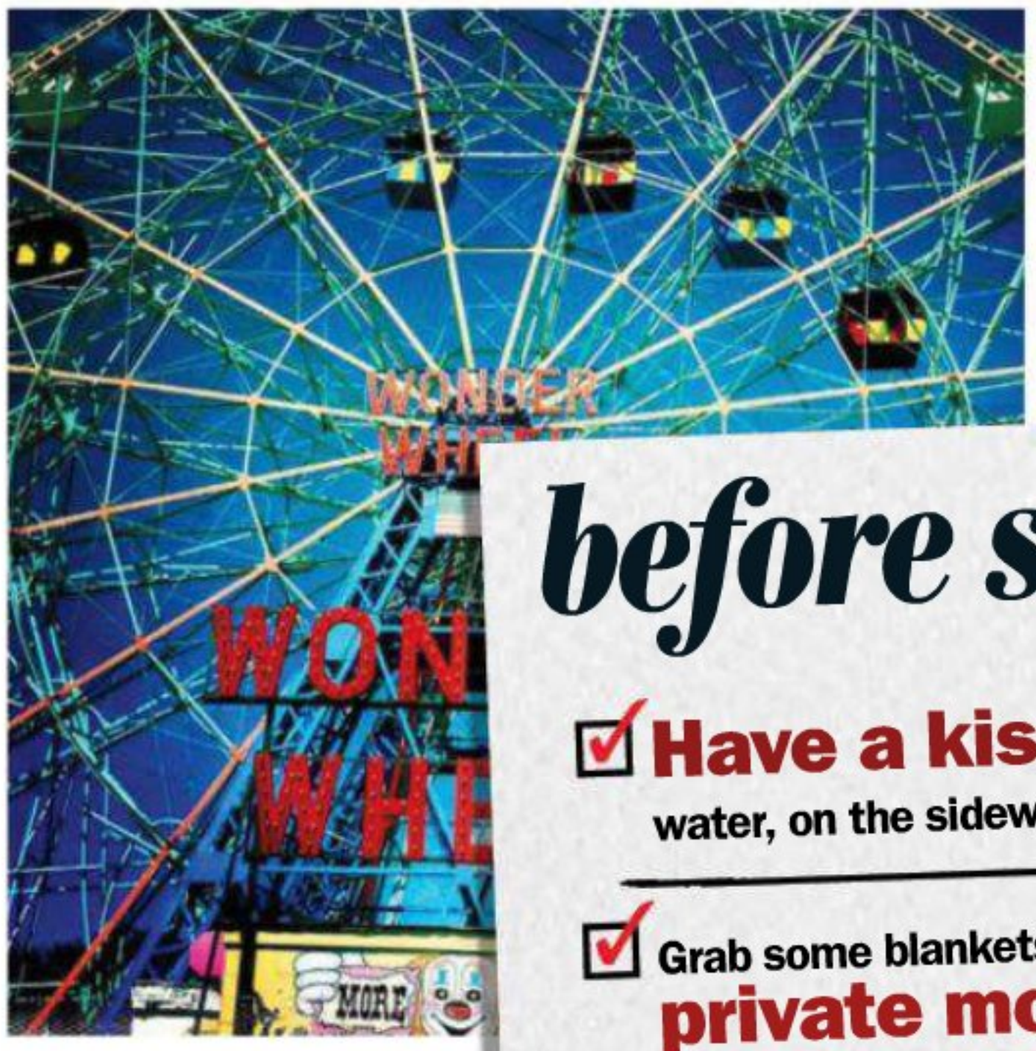
101 Your SUMMER bucket list!

The most romantic three months of your life are just ahead. You've got the whole summer to check off all of these fairy-tale moments, starting . . . now!

by elisa benson

MAIN PHOTO: CHEYENNE ELLIS. (MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.)

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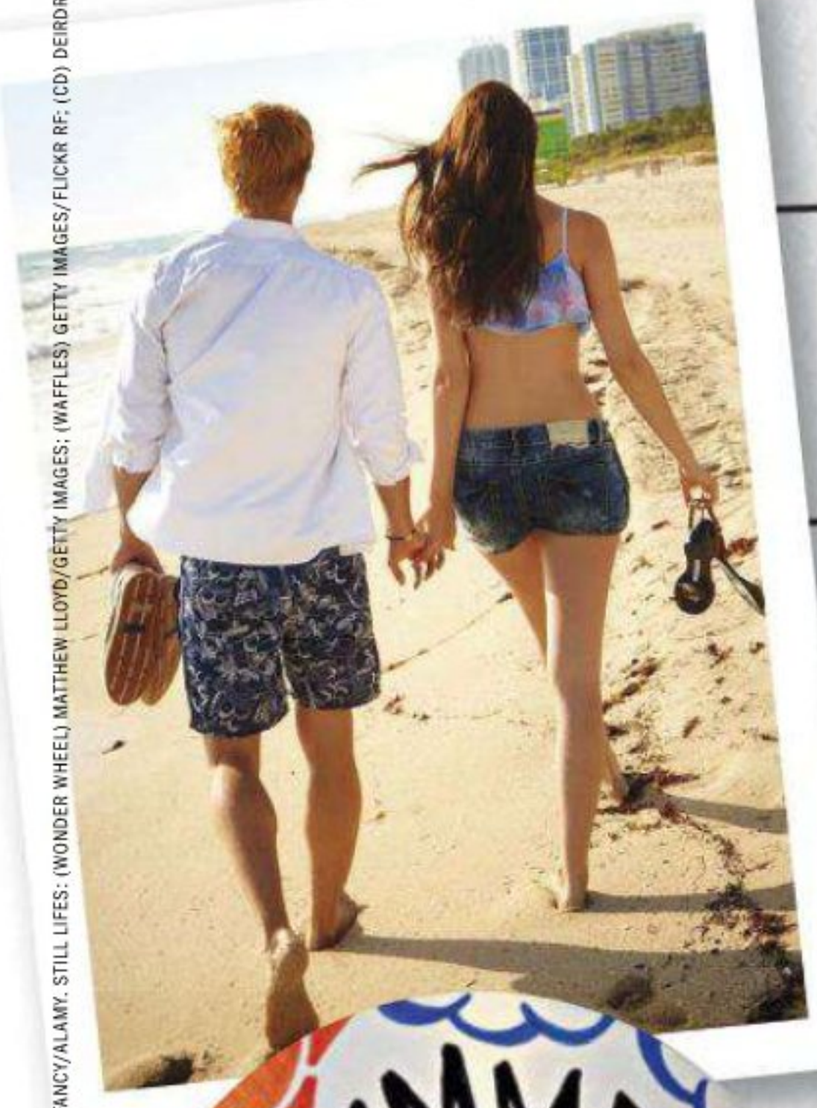
before summer ends...

☑ **Have a kiss** that would make Taylor Swift jealous—by the water, on the sidewalk, or in the pouring rain.

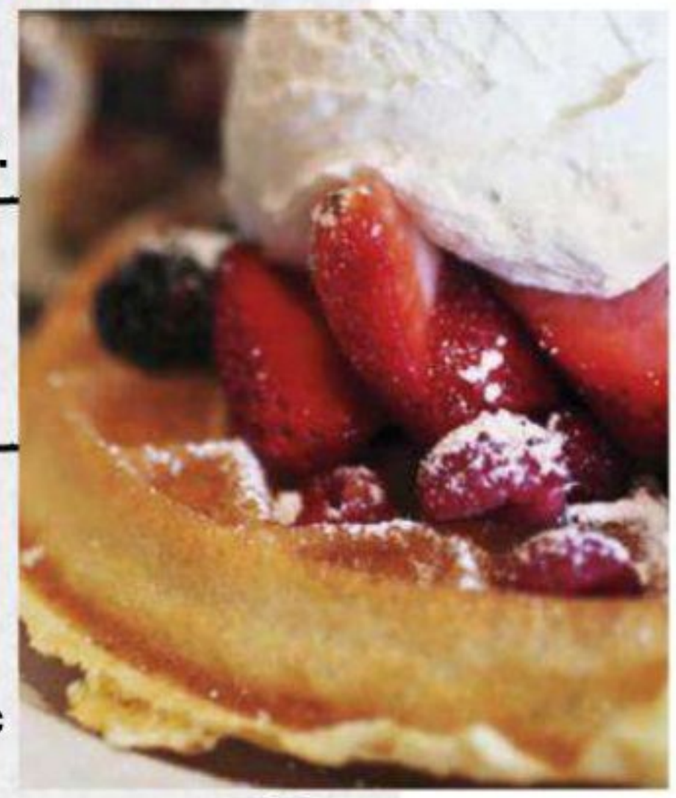
☑ Grab some blankets and your laptop, and head outside for a **private movie screening** under the stars . . . where there's no one behind you to care if you sneak a few kisses.

☑ **Ride to the top of a Ferris wheel.** Kiss. Instagram it. Indulge in the feeling of being alone together on top of the world—or at least at the top of the ride!

☑ Plan a 5 A.M. date to watch the sunrise. Then go to IHOP for **waffles with whipped cream**—a sweet way to start the day.



☑ Find an excuse to **take your shoes off together,** whether you're sitting dockside or lazing around in the grass. A little footsie is surprisingly sexy.

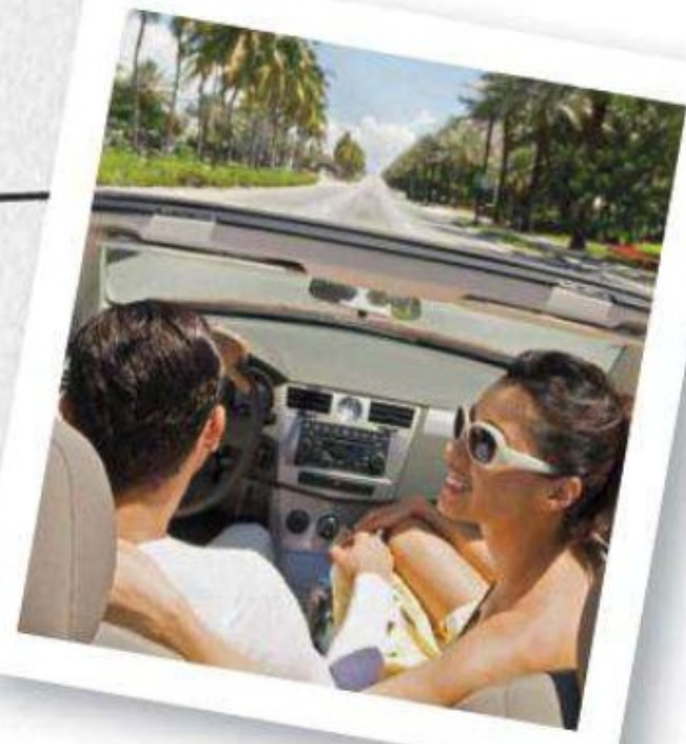


☑ Give a **coy smile** to a cute stranger. A random act of flirtiness spreads good love karma!

☑ Dig up your seventh-grade **mix CD of love songs** and blast it next time you're driving at night with friends . . . a reminder of the music that first made you believe in love!



☑ Stash things like a **ticket stub** or receipt from each date. Then relive the memories at the end of the summer.



☑ Can't make it to the beach to write your names in the sand? **Colored chalk** on a sidewalk is just as cute. Text your crush a pic as a surprise.

PHOTOS OF COUPLES: (ON BEACH AND UNDER TOWEL) BETH STUDENBERG; (IN CAR) FANCY/ALAMY. STILL LIFES: (WONDER WHEEL) MATTHEW LLOYD/GETTY IMAGES; (WAFFLES) GETTY IMAGES/FLICKR RF; (CD) DEIRDRE GALVIN.

@SEVENTEENMAG **Tell us what's on your summer love to-do list at #17lovebucketlist.**

Find more issues at magazinesdownload.com

are your moves **sexy** or **snoozy?**

Figure out if your summer flirting style needs a makeover. by elisa benson



Miley Cyrus and Liam Hemsworth



Ashley Tisdale and Scott Speer

Check the moves you make:

☐ Hugging him.

☐ Tugging him.



Cassie Scerbo



☐ Sharing a cone.



☐ Sharing a sundae.

☐ Peeking at him over sunnies.

☐ Sneaking a peek at him.



Nina Dobrev



☐ Going for a stroll.

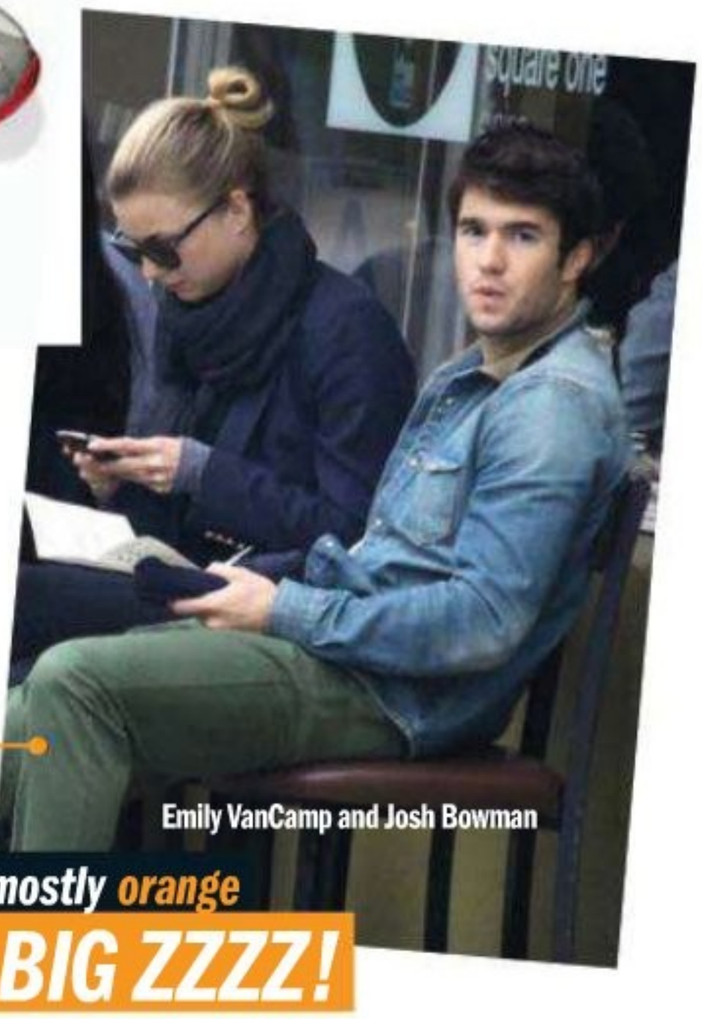


☐ Going for a jog.



Vanessa Hudgens and Austin Butler

☐ Snuggling next to him.



Emily VanCamp and Josh Bowman

☐ Texting next to him.

mostly red

SEXY AND YOU KNOW IT!

You know that summer isn't going to last forever (sigh), so you're making the most of it with bold signals that let him know you're interested. Now step outside of your comfort zone and try asking him out—it's fun to call the shots!

mostly orange

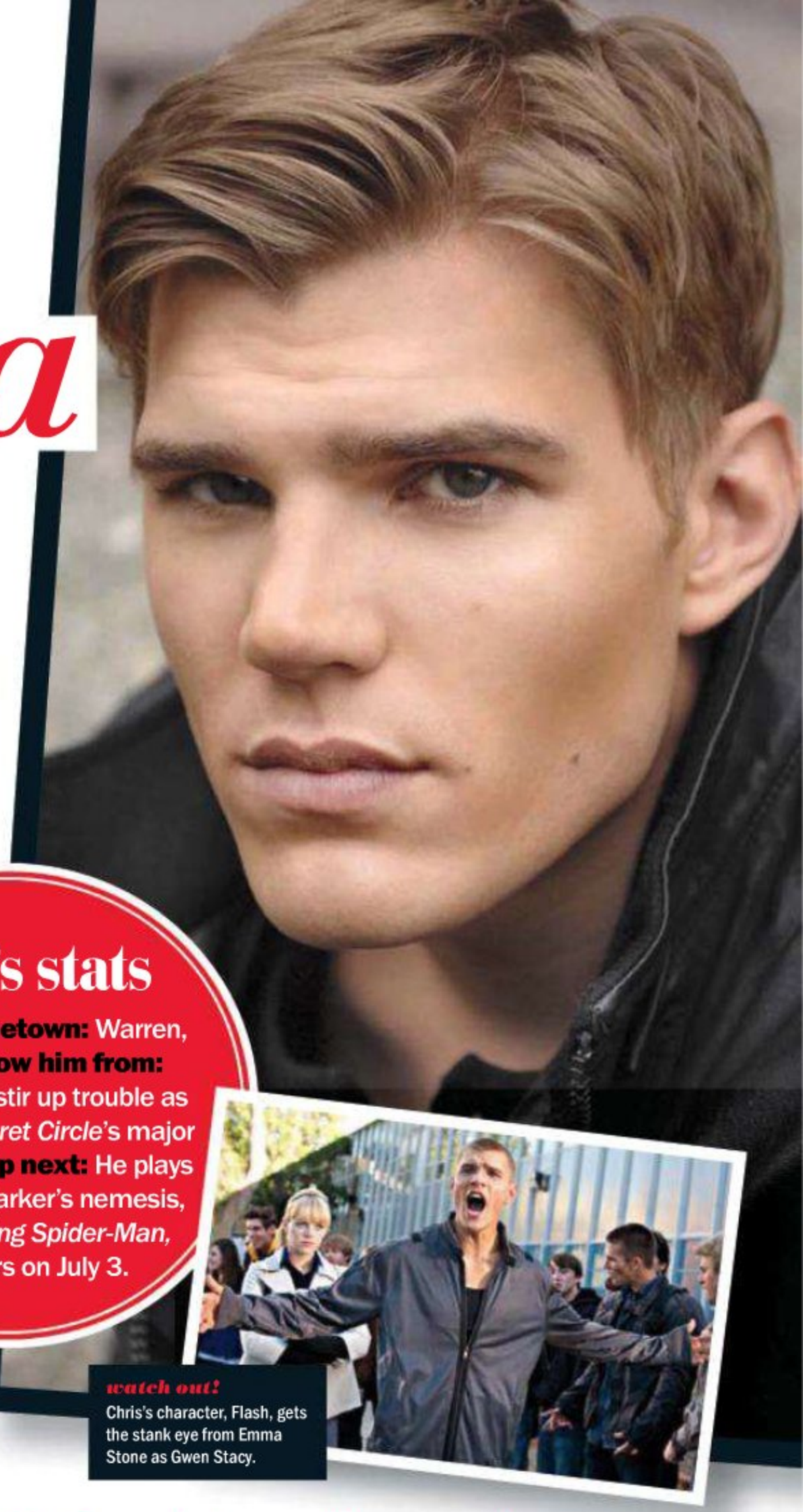
THE BIG ZZZZ!

You've got the basics down, but you're stuck in a flirting rut! Spice things up by sending him a funny pic or showing up Saturday afternoon with a picnic lunch. Don't worry about what others think—confidence is the key to making any flirty move work!

SEVENTEEN.COM Want the hottest hookup ever? Real girls share tips at seventeen.com/howtohookup.

STILL LIFES: (CONE) GETTY IMAGES/STOCKFOOD; (SUNDAE) C SQUARED STUDIOS/GETTY IMAGES; (SPOON) DANNY SMYTHE/ALAMY; (SHOES) JESUS AYALA/STUDIO D (2). CYRUS: ZEUS/APOLLO/FLYNETPICTURES.COM. TISDALE: PACIFICCOASTNEWS.COM. SCERBO: ANGELA WEISS/WIREIMAGE. DOBREV: JEN LOWERY/SPLASH NEWS. HUDGENS: INFPHOTO.COM. VANCAMP: PREMIERE/RR/FAMEFLYNET PICTURES.

juicy Qs for chris zylka



He plays the bully in *The Amazing Spider-Man,* but he's a real-life sweetie. (Just ask GF Lucy Hale!) by kaitlin menza

17: Tell us about your role in *The Amazing Spider-Man.*

Chris Zylka: Flash is the prototypical bully, and bullying is an issue I hold close to my heart. I wasn't bullied, but I saw the other side of it on sports teams, and it was *disgusting.*

17: But you've said you like playing the bad boy. Why?

CZ: It can be fun to be bad! Everyone loves the bad guy.

17: What was it like working with Andrew Garfield and Emma Stone?

CZ: I've learned more from Andrew in one scene than in seven years of acting! And Emma is such a sweetheart—brilliant, funny, and really, really talented. She puts her heart into it.

"I'm not usually into PDA, but when Luce and I are together, we're in our own world. I don't really notice anyone else!"

Chris Zylka and Lucy Hale

chris's stats

Age: 27. **Hometown:** Warren, OH. **You know him from:** watching him stir up trouble as part of *The Secret Circle*'s major love triangle. **Up next:** He plays Flash, Peter Parker's nemesis, in *The Amazing Spider-Man,* in theaters on July 3.

watch out!
Chris's character, Flash, gets the stank eye from Emma Stone as Gwen Stacy.

17: Speaking of hearts, have you ever made any mistakes in love?

CZ: Everyone does, and you only learn from it. Mistakes build character! My greatest lesson is to find yourself before you find another person.

17: Do you fall for people really quickly? You and Lucy were flirting on Twitter right away!

CZ: No. I am a true Taurus. It takes awhile for me to let people in. But once you're in, you're *in.* Lucy and I are like an open book. We express ourselves—and maybe we express ourselves too much at times! But I've *never* felt this way about someone before.

SEVENTEEN.COM How well do you know your hot celeb guys? Test yourself at seventeen.com/quizzes.

PHOTOS OF ZYLKA: (MAIN) SERGEI BACHLAKOV/THE CW NETWORK, LLC; (INSET) COURTESY OF SONY PICTURES; (WITH HALE) RALPH NOTARO/SPLASH NEWS.

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party foul
Uh, thanks for inviting me, dude.

weird party behaviors explained

It started out as a night of flirty fun . . . until your guy started acting totally bizarro. What gives?!?

THE WEIRDNESS | **THE EXPLANATION**

He flirts with you all night but doesn't ask for your number.

HE'S AFRAID OF REJECTION



"He's interested but was probably worried you'd blow him off. He should have stepped up to the plate and made his move, but help him out by asking for his number yourself and mentioning future plans to get him thinking in that direction."

–CRAIG, 20, BARNEGAT, NJ

He texts to see if you're coming, then he barely talks to you.

HE WANTS *YOU* TO MAKE THE MOVE



"Seeing a girl you like at a party is awkward, because she's usually surrounded by her girlfriends, and that can be really intimidating. That's why I send the '*pre*text': I'm showing interest, but then it's on *her* to approach me."

–JUSTIN, 17, QUEENS, NY

He's all over another girl—then hits on you as if nothing happened.

HE WANTS TO SCORE



"Guys often go to parties just to hook up—they're probably not looking for soul mates—and maybe that girl shot him down. Steer clear of him: You don't need to be anyone's second choice."

–MAC, 22, STATE COLLEGE, PA

You arrive together, but he abandons you to play Xbox with his buddies.

HE'S NOT INTO YOU



"If a guy ditches you for video games in the middle of a party, he doesn't want to spend time with you! For a guy, it's a win-win: You can't argue because he's not really doing anything wrong, and he gets to play video games instead of being stuck in an awkward situation with you!"

–TAYLOR, 19, PORTLAND, ME

MAIN PHOTO: BETH STUDENBERG. (MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.) SENIOR FASHION EDITOR: ANNEBET DUVALL. HAIR: DANIEL PAZOS AT AGENCY GERARD MANAGEMENT FOR BUMBLE AND BUMBLE. MAKEUP: KAT O'SHEA FOR CIELO BLUE PRO/MAC COSMETICS. ON HER: TOP, WKSHP. ON HIM: (FAR LEFT) HOODIE, HYDEN YOO; PANTS, AG JEANS; (LEFT) BLAZER, NUMBER LAB; TEE, ALTRU; (RIGHT) JACKET, TOPMAN; TEE, BENSON; SHORTS, REYN SPOONER; WATCH, SWATCH.

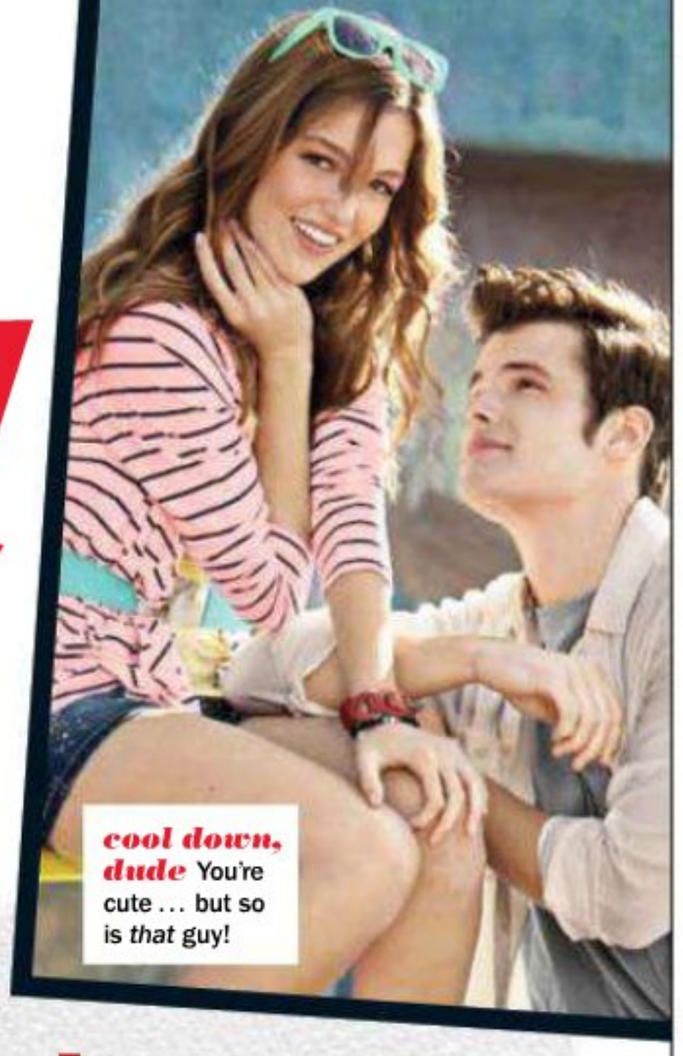
SEVENTEEN.COM Girls spill the odd things their BFs do at seventeen.com/weirdbfbehaviors.

SNEAKY WAYS TO

keep things *casual*

Don't want to be pinned down this summer? Here's how to make sure *he* knows that, too.

by elisa benson



cool down, dude You're cute . . . but so is *that* guy!

- **Put him in the friend zone.** Group dates make everything instantly less intense. So **next time he invites you** to do something, say, "Oh, cool—Natalie would love that, too! Bring your friends!" You still get to hang but without the one-on-one pressure.

- **Watch what you text.** Everyone knows that "I miss you" really means "I'm obsessed with you," and that "Good morning!" means **"I couldn't stop thinking about you last night."** Don't drop these phrases when you're only trying to be sweet and flirty.

- **Go hands-free.** Keep an eye on your body language: Little gestures say a lot! You might think of him as just a fun guy you can invite to the beach last minute, but **taking his arm as you walk** is crossing the line from comfy friend to super-couple-y.

- **Tone it down on FB.** You know how if things don't happen on Facebook, they don't actually happen? Exactly. It's okay to **accept his friend request,** but don't tag him in statuses or post cute photos of the two of you. Documenting the flirtationship publicly makes it way more real.

kiss him *goodbye!*

Here's how to end a fling without the sting.

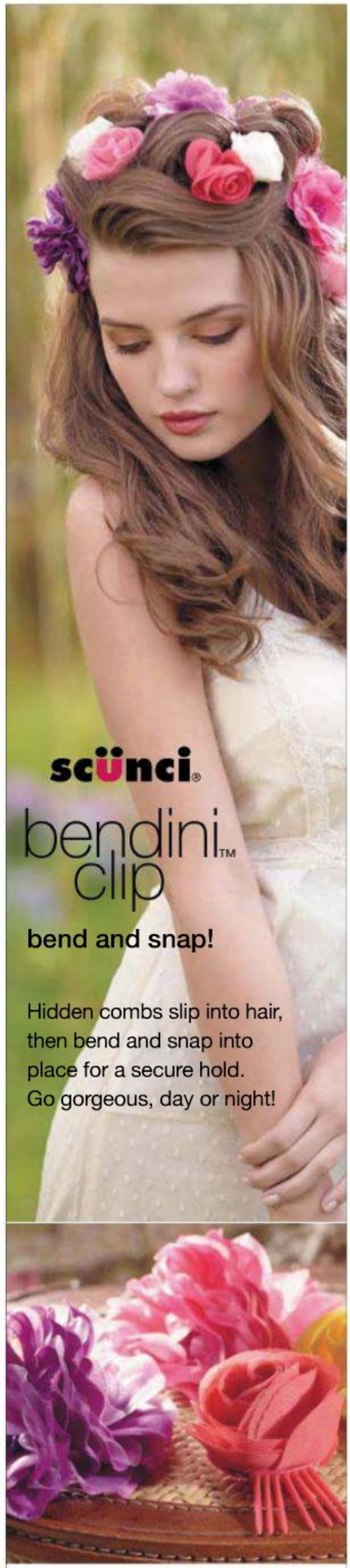


"At the end of summer, my go-to line is that I'm going to be so busy with school starting that I just don't have time for a relationship."

–SAMANTHA, 18, BALTIMORE, MD

SEVENTEEN.COM Is your crush looking for a relationship? Figure it out at seventeen.com/quizzes.

MAIN PHOTO: COLETTE DE BARROS. (MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.)



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life



label lies
K2 is often sold as "herbal incense," but it contains dangerous chemicals that can mess with your body in unpredictable ways.

"i overdosed on synthetic drugs!"

Just because something is legal doesn't mean it's safe. Layla, 17, learned that the hard way.

as told to ashley mateo

MAIN PHOTO: ANDY SPEAR. HAIR AND MAKEUP: CHENESE BEAN FOR MALLY BEAUTY. K2: *THE WASHINGTON POST*/GETTY IMAGES.

Head shop owner, employee charged with giving drugs to minor



busted! After what happened to Layla, her then-boyfriend, Douglas Goins, was charged with corrupting another with drugs and endangering children.

For three months, my mom had been driving me crazy about my new boyfriend, Doug. Even though he was always doing sweet things, like surprising me with flowers, she kept saying how, at 19, he was too old for me. I knew she'd just go on about what a bad influence he was, so I'd wait for her to leave before having him pick me up in the mornings.

One day on our way to my school, he stopped at the head shop where he worked (they sell incense and pipes, but nothing illegal) to do a few chores before they opened. I knew I'd be a little late, but I didn't think it'd be a big deal. While I was waiting, bored, he offered me a pipe filled with stuff that looked like pot—he said it was K2, a synthetic form of marijuana—and asked if I wanted to snort "bath salts," which looked like a powder. I'd never done drugs before, but he said, "They'll make you feel good, and they're legal. If they weren't okay, they'd be illegal, right?" I thought, Maybe this isn't the best idea. But he was my boyfriend, and I figured I could trust him. So I said, "Why not?" Plus, the idea of getting a little buzzed before school and stepping out of my comfort zone was exciting. It felt like a safe way to do something a little dangerous.

bad reaction

I took one hit and *bam*—the world started to swim around me. I almost threw up on the store counter! Doug claimed he and his friends were always fine when they did this stuff, but my heart was racing and I was shaking uncontrollably. He tried to comfort me, but he kept saying, "You just have to get used to it," which freaked me out even more. Something was seriously wrong.

A few minutes later, we heard knocking on the door. The school called my mom around 10 A.M. and told her that I hadn't shown up, so she came looking for me. When Doug saw who it was, he panicked and said, "You need to get in the closet so your mom doesn't find you."

At first, I was like, "The closet? Are you serious?" But my mom is *not* cool with any kind of drugs, so I let him push me in there. I was so scared, and I felt trapped and paralyzed in the closet. My mind was racing a mile a minute: *My mom is going to kill me—if I don't die first.*

time warp

I must have passed out, because the next thing I remember was someone opening the closet door. I had sweated

> ***The world started to swim around me . . . and I was shaking uncontrollably.***

through my clothes and I was still shaky. When I looked at the clock, I realized I had been in the closet for 12 hours! It blew my mind. Doug was nowhere to be found! Luckily, there was a guy in the store who I'd met once before. He took me outside and asked for my mom's number—just as she pulled up next to us! She told me she'd suspected I'd been with Doug since the morning and had called the police, who *arrested* him! She looked so worried, it made me feel even worse. I kept stumbling and slurring my words, so I told her what I had taken and she immediately drove me to the hospital. After I checked in, I got really scared the doctors would tell the police I had taken drugs and I'd get arrested, just like Doug had been. I started yelling and begging her to take me home. Finally, she gave in. I crawled into bed, wishing I could forget this ever happened, and slept another 12 hours with my mom sitting next to me, just to make sure I was still breathing.

wake-up call

The next day, I woke up groggy—and furious. I couldn't believe that Doug—someone I trusted—would give me something so dangerous and then abandon me. He just left me in that closet like I was *nothing*! I haven't talked to him since, and I don't ever want to. Before, I heard friends joke about how these drugs are no big deal, and I probably wouldn't have said anything because I didn't want them to think I was lame. But now I want everyone to know what happened to me. Calling drugs "fake" or "synthetic" doesn't make them any less dangerous, and just because someone says something is safe doesn't mean it really is. 17

LEGAL BUT LETHAL

Certain types of synthetic drugs may be sold legally in some states, but people have reported hallucinations and seizures—even death.

After a house party, 11 teens and young adults landed in the hospital after taking 2C-E, a synthetic drug similar to Ecstasy. A 19-year-old died after going into cardiac arrest.

Ashley, 18, took one hit of 7H, "fake marijuana," and was paralyzed for three hours.

Stacy, 22, took 2C-E at a party, started spitting up blood, and passed out. At the hospital later that night, she died of an overdose.



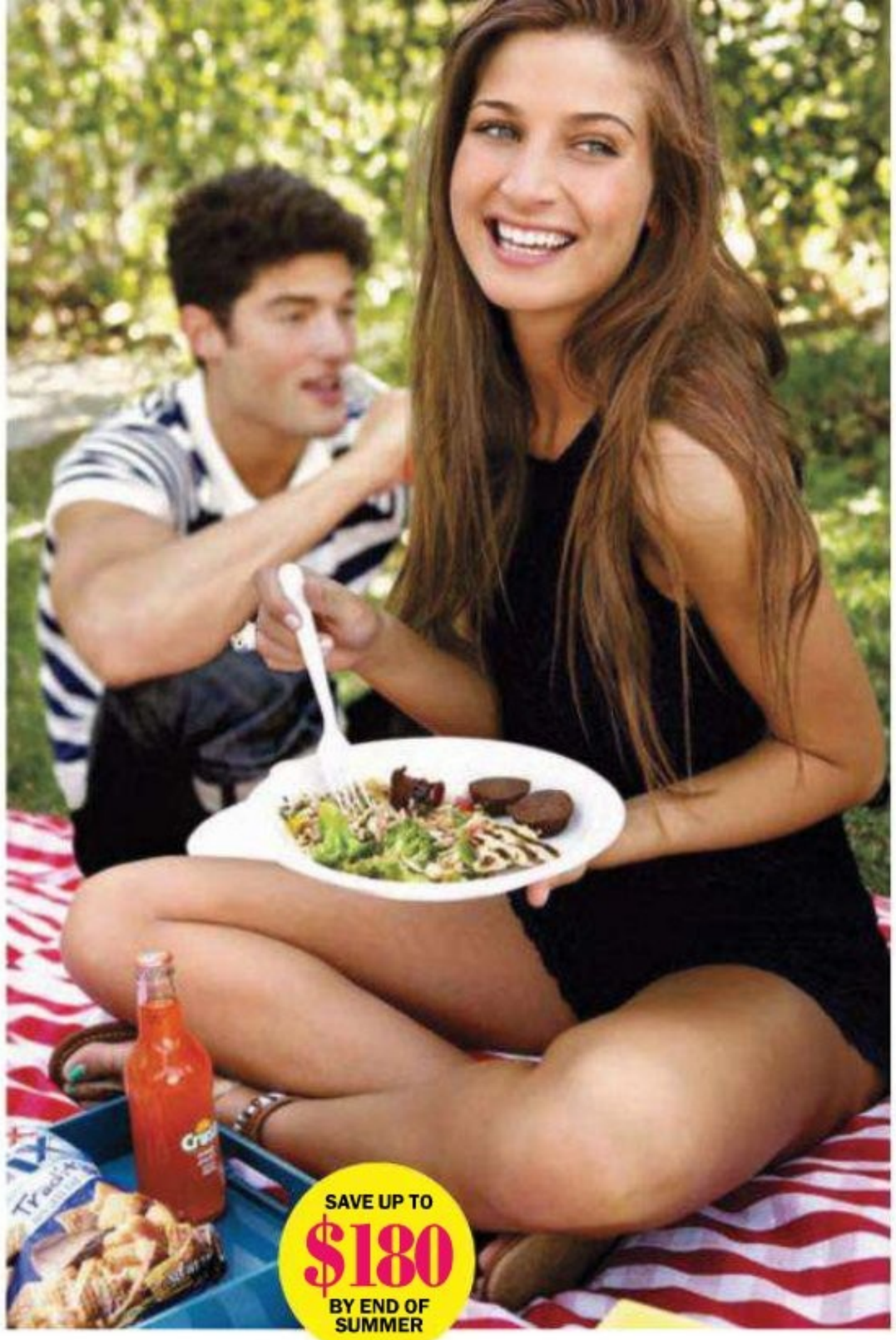
Download our new e-book, *Seventeen's Shocking True Teen Stories*, for only $1.99! It's available June 5 on your tablet—check out seventeen.com/teenstories for more info.

SEVENTEEN.COM Share your real story at seventeen.com/mylife.

EASY MONEY!

save $$$ and still *have fun!*

Saving cash doesn't mean summer has to be a bore. Try these tips to live large on an itty-bitty budget! by ashley mateo



PLAY BALL

SAVE UP TO $50 PER GAME



"All my friends are huge baseball fans, but tickets to see our favorite team are so expensive—with overpriced food, drinks, and parking, it can cost more than $50 for each of us! So we meet up at a local park to play Wiffle ball, and then watch the game on TV. We're saving money *and* enjoying our favorite activity!"

–julie, 21, hatboro, pa

eat for free

"My friends and I host a BBQ every Saturday so that we don't have to spend a lot of money on going out to restaurants. Each person has to bring only one item, so nobody is spending a ton on food or drinks. It's a great way to see everyone, and it's always really fun and casual."

–kirsten, 21, fair lawn, nj

host a pretty party

SAVE UP TO $240 IN SALON VISITS

"My friends and I like to plan what we call 'Kardashian Dates' at someone's house. We do our hair (I *need* my friends to help straighten my super-curly hair) and paint each other's nails. It's much cheaper than going to a salon!"

–jazmynn, 17, bloomfield hills, mi

heat things up

"Spending money on movies just to sit in one place for hours is lame, especially when the weather is so nice. I host campfires, and make sure to invite cute boys who play guitar or sing. Once the music starts, we make s'mores and hang out all night. Cheap, *and* a great excuse to hang out with your crush!"

–zoe, 19, tucson, az



SAVE UP TO $80 BY SKIPPING FOUR MOVIES

MAIN PHOTO: BETH STUDENBERG. (MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.) STILL LIFES: (WIFFLE BALL) STOCKBYTE; (S'MORES) PHOTODISC; (NAIL POLISH) JESUS AYALA/STUDIO D.

SEVENTEEN.COM Got money questions? Get answers at seventeen.com/getadvice.

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get *killer* confidence!

by Julianne Hough

Julianne went from *Dancing with the Stars* to movie star without losing her girl-next-door charm. She'll show you how nice girls *can* finish first!



"Never apologize for being true to who you are."



Lucky Julianne, rocking out with *Rock of Ages* costar Diego Boneta (in theaters June 15).

My #1 confidence trick is telling myself, "You deserve this. You're meant to be here. You're the best you can be." Even if I don't believe it at first, the reassurance always keeps me going.

My lucky charm is a penny that my acting coach gave me before my *Rock of Ages* audition. I was really anxious, but having something with me from someone supportive calmed my nerves . . . and I nailed the tryout!



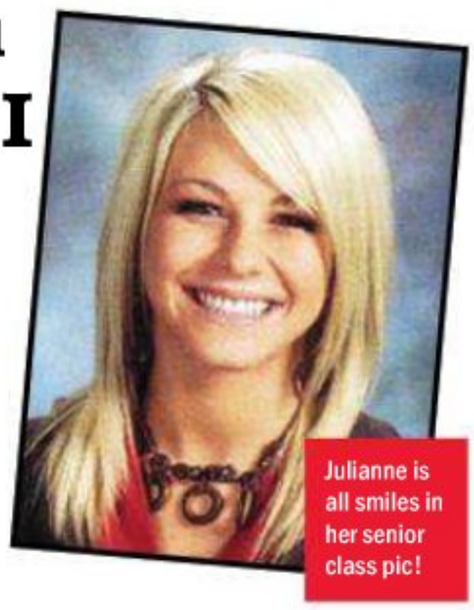
I make a good first impression by looking people in the eyes and smiling.

When I'm intimidated, I remember that the other person is probably intimidated too.



Whenever I get discouraged, my dogs, Harley and Lexi, always cheer me up.

If I could tell my 17-year-old self one thing, it would be to listen to people who are older than you are. I thought I knew what I was going to be like at 22, 23. I didn't know *anything*.

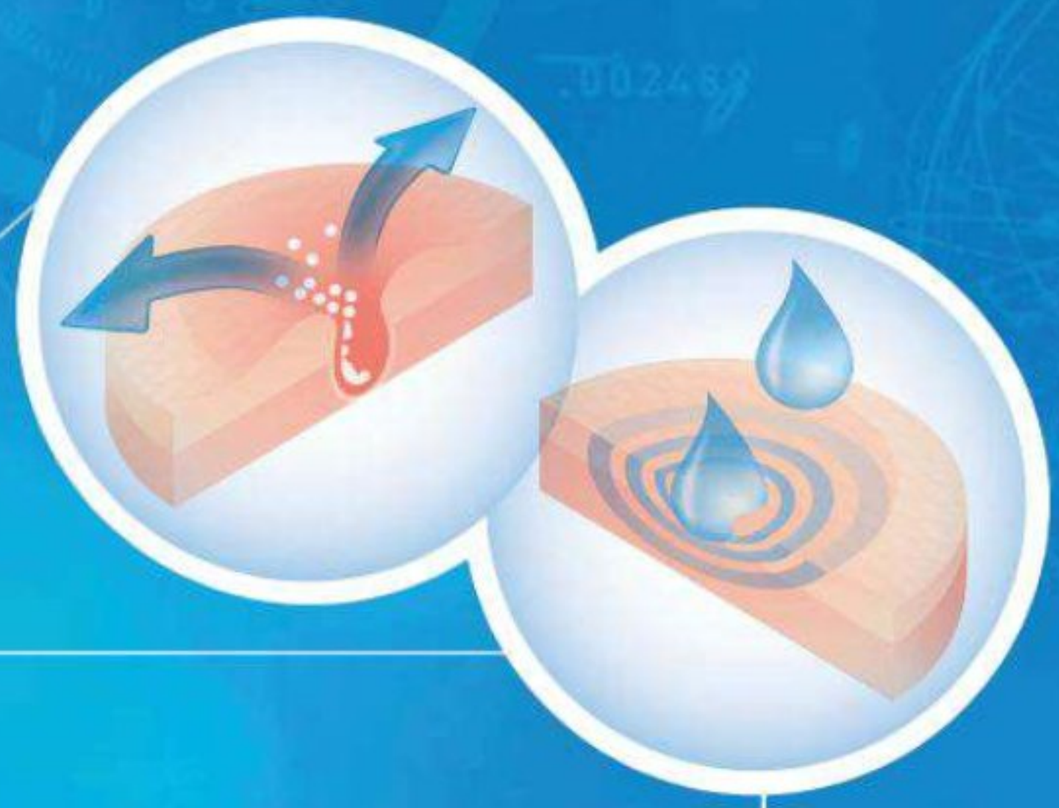


Julianne is all smiles in her senior class pic!

SEVENTEEN.COM See a slideshow of some of Julianne's most confident moments at seventeen.com/killerconfidence.

PHOTOS OF HOUGH: (MAIN) TINA KIMY; (*ROCK OF AGES*) NO CREDIT; (WITH HARLEY AND LEXI) JEFF KATZ PHOTOGRAPHY; (YEARBOOK) SETH POPPEL YEARBOOK. STILL LIFE: (SMILEY FACE) GETTY IMAGES.

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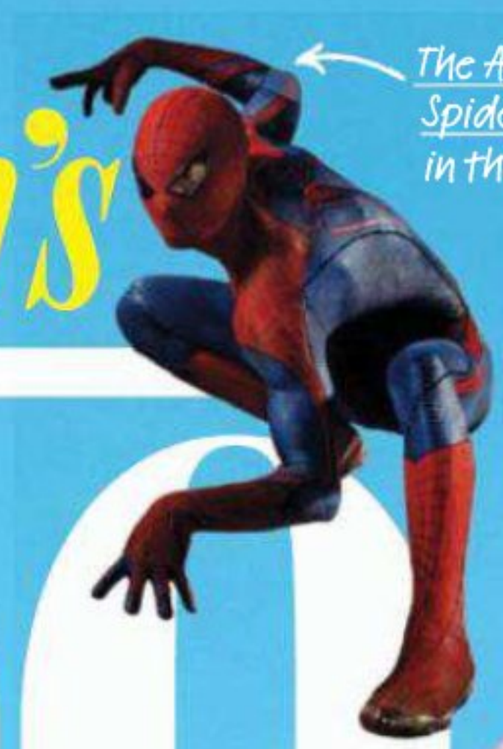


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seventeen's 100 DAYS OF SUMMER



The Amazing Spider-Man in theaters!



National Ice Cream Day!



International Surfing Day!

This is your guide for the best summer of your life. With all these movies, TV shows, concerts, and more, you will never be bored again!



One Direction on tour!

TURN FOR TONS OF FREEBIES!

STILL LIFE: (ICE CREAM) PHILIP FRIEDMAN/STUDIO D. FOOD STYLIST: SUSAN OTTAVIANO/HALLEY RESOURCES. *THE AMAZING SPIDER-MAN:* JAIMIE TRUEBLOOD/COLUMBIA PICTURES. SURFER: PETER STERLING/GETTY IMAGES. ONE DIRECTION: LARRY BASACCA/GETTY IMAGES.

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100 DAYS OF SUMMER

MAY

26 ***Men in Black III*** is in theaters. Start Memorial Day Weekend off with a bang!

27 **Happy birthday, Chris Colfer!** Enter to WIN a copy of the *Glee* star's first novel, *The Land of Stories: The Wishing Spell* [COLFER].

28 **Memorial Day.** *Rags*, a music-packed movie starring cutie Keke Palmer, premieres tonight on Nick.

31 ***Breaking Pointe,*** a new reality show about a competitive ballet company premieres on The CW. It's *Black Swan*–level drama!

JUNE

1 ***Snow White and the Huntsman*** is in theaters today, starring Kristen Stewart and Chris Hemsworth (Liam's sexy older bro)!

3 **MTV Movie Awards** air tonight. Tune in to see how many golden popcorns *The Hunger Games* wins!

4 ***Teen Wolf*** is back on MTV tonight! WIN *Teen Wolf: The Complete Season One* on DVD [WOLF].

5 ***Messy,*** a *Gossip Girl*–meets-Hollywood novel written by the bloggers behind GoFugYourself.com, is out today! WIN a copy [MESSY].

5 ***Jane by Design*** and *Pretty Little Liars* premiere tonight on ABC Family. WIN *Jane by Design: Volume One* on DVD [JANE].

7 **Bonnaroo Music & Arts Festival** begins in Manchester, TN, featuring Foster the People. WIN tickets to the four-day festival [BONNAROO].

14 **Happy birthday, Lucy Hale!** WIN *Pretty Little Liars: The Complete Second Season* on DVD [PRETTY].

16 **Vans Warped Tour** kicks off in Salt Lake City, UT. Check out punk rockers like Yellowcard.

17 **Father's Day.** Jam out with Dad at *Rock of Ages*, starring Julianne Hough, in theaters now. (It's all songs from his teen years!)

20 **First day of summer** Spend the longest day of the year riding roller coasters, like the new Stinger at Dorney Park in Allentown, PA.

20 **International Surfing Day.** WIN a copy of Aimee Teegarden's new surf movie, *Beautiful Wave* [WAVE].

26 ***Between the Lines*** is in stores today—it's Jodi Picoult's first YA book, and cowritten with her teen daughter, Samantha van Leer! WIN a copy [PICOULT].

28 ***Awkward.*** premieres on MTV. WIN a copy of *Awkward.: The Complete First Season* on DVD [AWKWARD].

29 ***G.I. Joe: Retaliation*** is in theaters today—you get to stare at Channing Tatum for two hours!

TBD **Ke$ha's new album** is due out this month. WIN a copy [KESHA]!



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WIN! GO TO SEVENTEEN.COM/FREEBIES NOW AND ENTER THE [CODE WORD] FOR YOUR CHANCE TO WIN! SEE PAGE 152 FOR RULES.

JULY

1 **One Direction** wraps up its US tour in Fort Lauderdale, FL—only 347 days until next summer's tour starts on June 13, 2013!

3 ***The Amazing Spider-Man*** is in theaters today. Watch for real-life sparks between Andrew and Emma!

3 ***Seventeen*'s August issue** hits stands! Who do you think will be on the cover? Tweet your guesses with the hashtag #17August.

4 **Fourth of July** You're never too old to *oooh* and *aaah* at the fireworks!

5 ***Katy Perry: Part of Me,*** her 3-D concert documentary, is in theaters today. Sing along while you get a peek behind the scenes!

15 **National Ice Cream Day.** Scoop up something sweet, and enter to WIN a year's supply of Breyers frozen treats [BREYERS].

20 ***The Dark Knight Rises*** is in theaters today. Get ready for Christian Bale's reported last run as Batman!

22 **Happy birthday, Selena Gomez!** Enter to WIN a bottle of her new perfume, Selena Gomez [SELENA].

22 **Teen Choice Awards** air tonight on FOX. See who takes home a surfboard this year!

23 **National Hot Dog Day.** Indulge in a hot dog with the works, then buy tickets to *Step Up Revolution,* in theaters this weekend.

27 **The Olympic Games** begin today in London. Head to **seventeen.com/olympics** for updates, Q&As with the athletes, and more!

AUGUST

3 **Lollapalooza 2012,** with headliners Florence and the Machine, begins in Chicago. Enter to WIN tickets [CHICAGO].

17 ***Sparkle*** is in theaters today. Check out Jordin Sparks in her major movie debut!

20 **Happy birthday, Demi Lovato!** Tweet your B-day wishes with the hashtag #17demi.

24 ***The Apparition,*** a supernatural thriller starring Ashley Greene, is in theaters today.

7/1 7/3 7/4 7/5 7/15 7/20 7/22 7/23 7/27 8/3 8/17 8/20 8/24

ONE DIRECTION: MICHAEL KOVAC/WIREIMAGE. *THE AMAZING SPIDER-MAN*: JAIMIE TRUEBLOOD/COLUMBIA PICTURES. FIREWORKS: DRIENDL GROUP. ICE CREAM: BON APPETIT/ALAMY. BIEBER: KEVIN WINTERS/GETTY IMAGES. *THE DARK KNIGHT RISES*: RON PHILLIPS/WARNER BROS PICTURES. FLORENCE + THE MACHINE: TIM MOSENFELDER/GETTY IMAGES. SPARKS: BRIAN D. KERSEY/GETTY IMAGES. *THE APPARITION*: JON KOPALOFF/GETTY IMAGES. OLYMPIC TORCH: PHOTOALTO/ODILION DIMIER. HOT DOG: BON APPETIT/ALAMY. LOVATO: JEFF KRAVITZ/FILM MAGIC. PERRY: ANDREA RENTZ/GETTY IMAGES.

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seventeen
JUNE/JULY 2012



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double your money P.126

superhero love! P.134

#17summerfun!

take a beauty break P.138

looking fierce P.144

#YOLO P.148

MAIN PHOTO: OLIVIA GRAHAM. SENIOR FASHION EDITOR: ANNEBET DUVALL. HAIR: LUIS BELTRAN AT FORD ARTISTS MIAMI FOR REDKEN. MAKEUP: CHRIS NEWBURG AT FORD ARTISTS MIAMI FOR DIOR BEAUTY. MANICURE: CHAMPAGNE AT FORD ARTISTS FOR CND. ON MODEL: BIKINI, H&M; SUNGLASSES, QUAYEYEWARE.

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Beautiful Soul

This *Modern Family* star has something major to celebrate this summer—life!

photographs by stewart shining

by carissa rosenberg tozzi

ON SARAH: Swimsuit and belt, Michael Kors; bandeau, Lisa Marie Fernandez; skirt, Alexandra Cassaniti; choker, Alexis Bittar; hexagon necklace, Polli; black bracelet, Accessories by Ash; bead bracelet, Fiona Paxton; fuchsia bracelet, Rosena Sammi; multicolor thread bracelet, Ettika; wrap bracelet, Juicy Couture.

ON SARAH: One-piece, Nautica Swimwear; skirt, Asos; rope necklace, Peppercotton; pendant necklace, Ranjana Khan; white collar, Alexis Bittar; neon rope and gold bracelets, Nissa Jewelry; beaded bracelet, Ana Karolina; navy bracelet, R.J. Graziano; belt, AMI Clubwear.

Find more issues at magazinesdownload.com

Sarah Hyland has been waiting 12 years for this moment. On Friday, April 13, 2012, the 21-year-old star finally had a life-saving kidney transplant—with a kidney donated by her father. "I have a second chance at life," she explains. "Not a lot of people get that." At 9 years old, Sarah came down with a bad bout of the flu. A series of blood tests revealed that she had kidney dysplasia—a disease that would eventually put her on dialysis for the rest of her life if she didn't find a donor. "I've always imagined what it would be like to just have a normal, healthy life," she admits. "Yes, it would have been a lot easier, but it wouldn't have made me the person that I am today."

Despite the devastating news, Sarah grew up in New York with dreams of becoming an actor like her father. She attended the Professional Performing Arts High School, though her illness made it difficult to carry the heavy load of school and commitments of a young working actress. At times Sarah could barely stay awake for more than eight hours a day, and she'd double over with pain in her back, making it impossible to stand up straight. "I was going through puberty, high school drama, trying to get good grades in school, and trying to work in the business I loved," she says. "But I've just always had to deal with other stuff beyond the normal girl."

"I've always imagined what it would be like to have a normal, healthy life."

But pity wasn't something she ever wanted—she never felt comfortable broadcasting her story. "If people asked me about it, I would talk about it, but I wasn't going to go out and say, Hey, who wants to know my story?" she says. "Whether it's a breakup or a rumor starting about you—even if you don't have kidney failure—everybody goes through that 'Why is this happening to *me*?!?' feeling," she says. She'd put a brave face on for the rest of the world, but inside she never forgot that the clock was ticking toward a kidney transplant.

At 17, Sarah decided to go out to Los Angeles for a few months to audition—a long way from her family and her emotional support system. Then she met actor Matt Prokop on an audition for *High School Musical 3*. Matt got the job and Sarah didn't, but they began a close friendship that would last cross-country when Sarah returned home to New York. A year later, she moved back to L.A. permanently and booked *Modern Family*—and the two fell in love. "He helps me with my medication and takes me to doctor appointments and all the stuff that I need to do to take care of myself," she admits. "Any other 21-year-old guy would not be there, I guarantee it. I am one of the luckiest people in the world to have him be there for me."

The sad truth about kidney transplants is that you have to be incredibly sick to receive one—so in order for Sarah's life to get better, it had to get severely worse first. As her career was skyrocketing, her health was deteriorating at a rapid rate. "I would sleep 18-hour days on my days off, but I'd never miss a day of work," she says. After doctors discovered that her mother was not a compatible donor, her father became her living donor in the nick of time. As they were both recovering from the life-changing surgery, Sarah sat down exclusively with *Seventeen* to talk about the long, bumpy road she's traveled—and the incredible journey that lies ahead.

17: How did you find out you had kidney dysplasia?

Sarah Hyland: I was born with it. I always knew I had small kidneys, but it wasn't until my hormones starting kicking in and my kidneys had to work harder that my health really started to go downhill. When I was 9 years old, I got the flu and landed in the hospital, and they did tests and realized that I only had 85 percent function in my left kidney and 15 percent in my right. So at the time, I had an equivalent of one kidney. A normal person can live with one kidney for the rest of their life like that and be fine, but mine were deteriorating, and the doctors said I would need a kidney transplant at some point in time.

17: How did you feel when you found out you'd need such a major surgery?

SH: I was scared, but it's all about keeping yourself positive and having good vibes. Once you succumb to an illness, you can't enjoy your life anymore. So I just did what the doctors told me to do to keep myself going as long as possible. It's not that you don't think about it, but if you let it weigh you down, it gets the best of you.

17: Is it hard to find a kidney donor?

SH: I did a living donor transplant, which means someone has to be willing to give you their kidney while they're still alive. But when you're on a waiting list, it can take years to get a kidney—being on dialysis the entire time.

17: What were your options?

SH: My mom was supposed to be my donor, but she got diagnosed with breast cancer *[Editors' note: She is cancer-free now],* and if you ever have cancer, you can't be a donor. But if I waited any longer than this summer to get the transplant, I would have had to go on dialysis—which is a way just to keep your body functioning.

17: You've been dating Matt for more than two years. How has he been there for you through all of this?

SH: I used to have to take shots every four weeks, but they were at home. It's a straight-up syringe into your leg. I wasn't able to do that by myself, so he did that for me. Every four weeks, I would freak out and sit in the chair with my pants around my ankles, holding on to a pillow for five minutes being like, I'm not ready, I'm not ready. He'd say, "This happens every month, Sarah. You're ready; we're doing the same thing every time." So he knew how to calm me down and make me feel that everything was going to be okay.

17: Did the pressure ever become too much?

SH: When we started dating, we were both 18 and living on our own. We realized that emotions were developing faster than we thought—it was becoming *too* real. The only time I ever get really girly is when it comes to relationships, so for me it was going great. But it scared Matt, and I don't blame him. Every guy has commitment issues at some point. It's how he faces that fear that defines him and determines if he's the right guy for you. So we broke up for a little bit. As much as that time not being together hurt, I wouldn't change a thing.

17: Were you sort of freaking out, though?

SH: All of our friends said, It's over, it's done, stop thinking it's ever going to happen again. But we still hung out all the time and talked all the time and I *knew* that sooner or later he would come around.

17: How did you know?

SH: It was at this party where he was controlling the music, and he kept playing all of our songs. He was basically by himself for the entire party. I was like, Yeah, that's happening.

17: He played your love interest on this season of *Modern Family*. Were you nervous having him on your turf?

SH: No, I'm so excited. Because at the end of the day, I just want to leave the set and go home to him. It's nice combining both worlds.

17: Has your illness affected your career?

SH: It has affected my career *tremendously*. Sometimes you don't do well on an audition because you're not feeling well. On my first summer hiatus from *Modern Family,* the blood work was evaluated improperly, claiming I was *too* healthy to get a transplant, but it ended up that I wasn't—and during my second summer hiatus, I was running out of time because of the donor approval process. And for those two summers, I had to turn down movies and auditions because I had planned on having the transplant during those hiatuses. But health always comes first.

I have a second chance at life. Not a lot of people get that.

17: What is the greatest lesson you've learned from this experience?

SH: You know that family is always going to be there for you—no matter what. My dad gave me a freakin' kidney! But it's also the families that you create outside of your family. And you really find out what kind of people you're friends with. It was just amazing, and it really opened my eyes to see who's there for me and who's not.

17: What did it mean to you to have your *dad* give you a kidney?

SH: It was one of those things that was said when we were leaving the hospital. The whole time I was there, Matt was running around and cleaning up the house and making everything spotless, getting air purifiers so the air would be clean and good for me to live in *and* somehow finding time to see me and spend nights with me in the hospital. And when we were leaving the hospital my dad says to him, "Thanks for taking care of my daughter," and Matt said, "Thanks for giving her a second chance at life." 17

Sarah is the honorary Youth Ambassador of George Lopez's The Lopez Foundation. She volunteers at its Children's Kidney & Transplant Camps, which allow children and teens on dialysis to have a real summer-camp experience. To find out more or lend your support, check out thelopezfoundation.org.

Fashion Stylist: Susan Joy. Hair: Campbell Mcauley for Soloartists.com/Wella Professionals.
Makeup: Mylah Morales for Dior/Celestineagency.com. Manicure: Kimmie Kyess for Elegant Touch at Celestine Agency.

Find more issues at magazinesdownload.com

ON SARAH: Wetsuit, Asos;
necklace, Holst + Lee;
bracelet, Ana Karolina.

Find more issues at
magazinesdownload.com

CROCHET TANK

Sizes S–L, Estam,
$20 each, urbanog.com

cotton tanks
Sizes 2–12, Topshop,
$12 each, topshop.com.
bikini tops
Sizes S–XL, GoJane,
$15 each, gojane.com.
skirts
Sizes S–XL, Rue21,
$13 each, Rue21 stores.
headbands
One size, American Apparel,
$14 each, americanapparel.com.
bracelets
Word bracelets, BCBGeneration,
$18 each, Lord & Taylor;
orange-and-gold bracelets,
GoJane, **$12** each, gojane.com.

DOUBLE YOUR MONEY

GET READY TO SAVE, SISTER! FOR $20 OR LESS, THESE COOL PIECES GIVE YOU TWICE THE STYLE FOR HALF THE PRICE.

PHOTOGRAPHS BY WILLIAMS + HIRAKAWA

COLOR-BLOCK WEDGES

Sizes 5½–10, Qupid,
$20 each pair, makemechic.com

tanks
Sizes S–L, GoJane,
$19 each, gojane.com.
bikini tops
Sizes S–L, Marina West,
$16 each, urbanog.com.
skirts
Sizes XXS–L, BCBGeneration,
$38 each, Macy's.
hair clip
AMI Clubwear, **$11,**
amiclubwear.com.
watches
Urbanog, **$14** each, urbanog.com.
bracelets
Braided bracelets, Aéropostale,
$7 each, Aéropostale stores
and aeropostale.com.

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METALLIC SWEATER

Sizes 2–12, H&M,
$10 each, H&M stores

tanks
Sizes XS–XL, Aéropostale,
$18 each, Aéropostale stores and aeropostale.com.

skirts
Sizes 2–12, H&M,
$13 each, H&M stores.

sunglasses
American Eagle Outfitters,
$10 each, American Eagle Outfitters stores and ae.com.

collars
Lulu's, **$21** each, lulus.com.

FLORAL SHORTS

Sizes 1–13, Almost Famous, **$20** each pair, Rainbow stores and rainbowshops.com

blazers
Sizes XS–XL, American Rag, **$49** each, Macy's and macys.com.

blouse
Sizes S–L, Lovemode, **$18,** lovemode.com.

bracelets
Chain bracelets, AMI Clubwear, **$15** each, amiclubwear.com; color bracelets, Lulu's, **$22** for set of five, lulus.com.

DENIM JACKET

Sizes S–XL, AMI Clubwear, **$20** each, amiclubwear.com

tees
Sizes XS–XXL, Old Navy, **$15** each, oldnavy.com.

skirts
Sizes 2–12, H&M, **$60** each, H&M stores.

belts
GoJane, **$7** each, gojane.com.

LACE DRESS

Sizes S–L, Forever 21,
$20 each. select Forever 21 stores
and forever21.com

cardigans (tied around waists)
Sizes S–L, Make Me Chic,
$18 each. makemechic.com.

bracelets
Green-and-pink bracelets,
AMI Clubwear, **$15** each,
amiclubwear.com; braided bracelets,
Aéropostale, **$7** each, Aéropostale
stores and aeropostale.com.

heels
Sizes 6–10, Jellypop Shoes,
$50 each pair. shopjellypop.com.

Fashion Stylist: Susan Joy. Hair: David Keough for John Frieda/Celestineagency.com.
Makeup: Mylah Morales for Dior/Celestineagency.com. Manicure: Lisa Postma for Celestine Agency.

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SUPERHERO LOVE!



Why should the stars of summer blockbusters get all the action? Your love life is about to get a thrilling makeover—no spandex costume required. **BY ELISA BENSON**

There are reasons comic-book movies are so much fun to watch: the ka-pow special effects, the major ass-kicking of bad guys, and, of course, the intense love stories of couples battling against-all-odds circumstances. Maybe it's all the heart-pounding adrenaline that makes those on-screen romances so hot—but you don't actually need to be able to scale tall buildings to find real passion. When you're not afraid to be a little bit brave—and seriously adventurous—you can have your own superheroine moment. Read on: Your transformation starts now.

MAIN PHOTOS: CHRIS ECKERT/STUDIO D. FASHION STYLIST: ANDREW MUKAMAL. HAIR: BEN THIGPEN FOR ARTISTSBYTIMOTHYPRIANO COM. MAKEUP: ANYA WEBBER FOR VAPOUR ORGANIC BEAUTY. ON HIM: SHIRT, SUPERDRY USA; PANTS, HUDSON; WATCH, NIXON; BRACELETS, MIANSAI BY MICHAEL SAGER. ON HER: TOP, LILA HORN; PANTS, BLUE ASPHALT; BRACELET, LULU'S; BELT, ADA COLLECTION.



THRILL-SEEKER DATES

Your hearts will race during these adrenaline-packed adventures.

SOAR THROUGH THE SKY

Go tandem bungee jumping: Hurtling through the air feels almost as good as falling in love! (Need a little more than a stretchy cord? Try a free-fall ride at your local theme park.)



GRAB THE WHEEL

Got a need for speed (but stuck inside)? Get a group of friends together for a Red Bull–fueled Wii Mario Kart tournament. The winners earn big-time bragging rights on Twitter.



FIGHT FOR FUN

Get your crew together for a rowdy paintball session. Dodging opponents and marking hot guys before time runs out is as exciting as it gets! Bonus: Many locations offer deals for girls, so hit up the Web site before you go.



TEST YOUR SKILLS

Try a high ropes course: They're loaded with fun challenges like tightrope walking, rock-scrambling, and zip-lining—and on some of them, the only way to get across successfully is by working hand-in-hand with your partner. Nothing like the fear of falling to encourage some intense bonding.



SUPERSIZE YOUR SWEETS

When the action is over, tackle a superhero-appropriate dessert together, like the Chocolate Extreme Blizzard from DQ. A massive treat gives you the perfect excuse to linger a little longer.



meow!
Catwoman doesn't sit around waiting for stuff to happen—and neither should you.

steal SUPERHERO MOVES

The "Make Me a Superhero" app only gets you so far. Start living by these love rules.

act first, think later

The perfect moment for action presents itself only once—whether it's saying hi to a cute guy at a party or sending a funny, flirtatious reply to a text. If you wait too long to act, you might miss that window of opportunity!

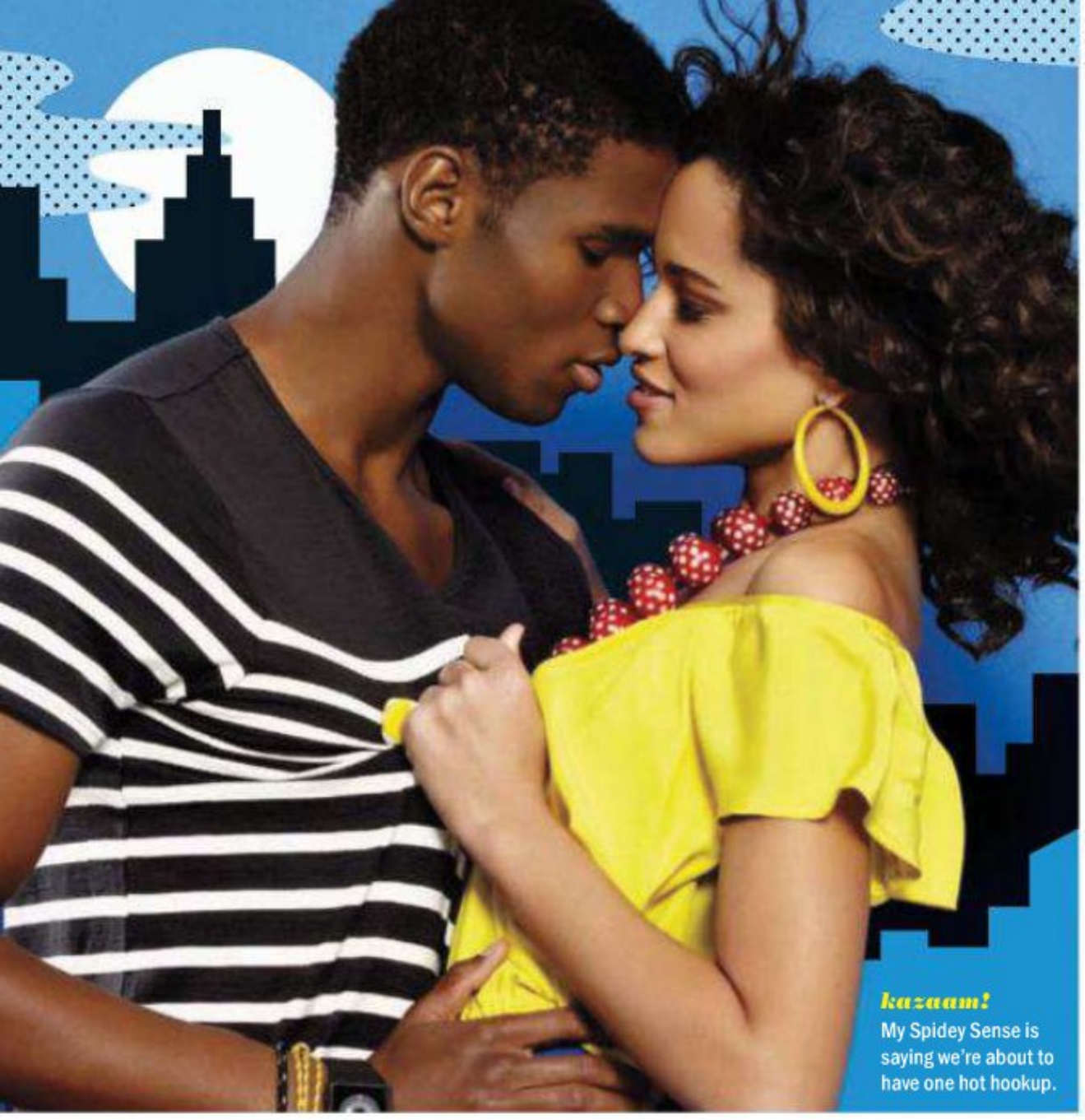
show up unannounced

Not every encounter needs to be planned in advance. (Do superheroes wait for an invitation to meet you at the top of a burning building?) Show him your confident side by dropping by the field after his soccer practice.

maintain an air of mystery

There is such a thing as TMI on the first date! Guys are intrigued when they sense there is more to you than meets the eye. Instead of pouring your heart out from the word go, let him ask questions and dig for details.

BUNGEE JUMPERS: DARRYL LENIUK/GETTY IMAGES. MARIO: NINTENDO. GIRL ON ROPES: JOEL GUAY/SHODANPHOTOS/GETTY IMAGES. PAINTBALL PLAYER: VETTA/GETTY IMAGES. CATWOMAN: RON PHILLIPS.



kazaam!
My Spidey Sense is saying we're about to have one hot hookup.

movie-worthy MAKEOUTS

Every action movie culminates in a showstopping kiss. Here's how to make it happen for you!

the setting: A big-deal liplock *never* happens on the couch. Drive to the spot that overlooks the city lights, climb up on your roof, or spread a blanket in the park. A new perspective makes your smooch instantly hotter.

the moment: Major passion needs the right timing—a full moon (June 4!), Fourth of July fireworks, or just as you pass under a streetlight when he's walking you home.

the close-up: Superheroes can make even the cheesiest lines sound powerful—the same rule applies to you. Midmakeout, take a breather to hold his face in your hand, look him deep in the eye, and say, "Your kisses feel incredible."

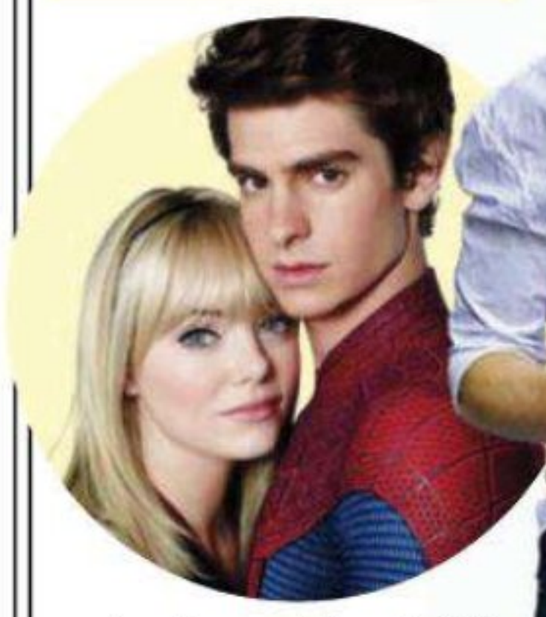
save the date!

Take a boring night from zero to hero with these action-packed ideas.

ZERO	HERO
Texting endlessly with people to make plans—but no one has any ideas.	**Break the cycle by devising a strategy.** Pizza at your place! Bonfire on the beach at 6 P.M.! Midnight movie this Friday—and you're bringing the jumbo box of Junior Mints! Leading the charge is sexy in a Supergirl way.
You're all out getting burgers, but once the check comes, no one knows what to do next.	**Turn it into a fun competition.** Go around the table and take turns guessing the amount of the check. Whoever is closest to the total gets to pick the next group activity—and doesn't have to pay their share! Sweet.
You want to do something major (amusement park!), but no one has the cash to spare.	**Be ready with a creative plan B.** Drag out the Super Soakers, set up the sprinkler, and play Frisbee in its spray. Stock up on concession-y snacks too: Cotton candy and nacho cheese make any day more fun.

ON HIM: SHIRTS, TOPMAN; WATCH, NIXON; BRACELETS, MIANSAI BY MICHAEL SAGER. ON HER: TOP, TWELFTH STREET BY CYNTHIA VINCENT; EARRINGS AND NECKLACE, LULU'S. *THE AMAZING SPIDER-MAN*: COURTESY OF SONY PICTURES. GARFIELD AND STONE: STARFEINE.COM/SPLASH NEWS.

REAL-LIFE SUPERHERO HOOKUP



Andrew Garfield and Emma Stone met on the set of The Amazing Spider-Man *under intense circumstances. When your relationship has such an exciting foundation, even a coffee date can feel totally electric!*



rock the air-dry!

A summer wind is nature's best blow-dryer, and styling can be a breeze when you add a few drops of super-softening hair oil. Frizz, flyaways, and knots don't stand a chance!

TAKE A *beauty* BREAK

SUMMER IS YOUR CHANCE TO ESCAPE THE EVERYDAY ROUTINE, SO LIGHTEN UP YOUR MAKEUP BAG AND EMBRACE YOUR NATURAL BEAUTY!

by yesenia almonte *photographs by olivia graham*

ON MODELS: (THIS PAGE) TOP, H&M; EARRINGS, LULU'S; BIKINI TOP, VITAMIN A BY AMAHLIA STEVENS; (OPPOSITE PAGE) TANK, H&M; BIKINI TOP, VITAMIN A BY AMAHLIA STEVENS; HAT, FOREVER 21; EARRINGS AND NECKLACE, LULU'S.

tint and treat!

A barely there coral balm with SPF kisses your lips with a bit of stain and lot of protection!

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magazinesdownload.com

go sheer!

Give bright neons a vacay! A gauzy, see-through pink nail tint gives your hands a touch of sweetness and gives your nails a little breather.

ON MODELS: (THIS PAGE) TOP, H&M; BIKINI TOP, VITAMIN A BY AMAHLIA STEVENS; RING, LULU'S. (OPPOSITE PAGE) TANK, HERITAGE 1981; BIKINI BOTTOMS, VITAMIN A BY AMAHLIA STEVENS; EARRINGS, FOREVER 21; RINGS, LULU'S; BRACELET, HER OWN.

be a softie!

It's been awhile since your skin has seen the light of day. So soften every inch with a sea-salt scrub packed with caffeine—it will smooth you out and tighten you up!

magazinesdownload.com

unlayer your makeup!

On a hot, melty day, a face full of makeup can feel like a winter sweater! A sheer water-based foundation gives you a flawless finish in one weightless step.

ON MODEL: TOP, LILIBON; BIKINI TOP, O'NEILL; EARRINGS AND NECKLACE, LULU'S.

go natural!

TIME TO STRIP DOWN TO THE BARE MINIMUM! WITH JUST THESE FIVE PRODUCTS, YOU'LL SIZZLE ALL SUMMER LONG!

nail polish
Nails Inc. Nail Polish in Kensington Caviar, **$10,** sephora.com

foundation
Chanel Vitalumère Aqua Fresh Hydrating Cream Compact Makeup SPF 15, **$58,** department stores

lip balm
Fresh Sugar Coral Tinted Lip Treatment SPF 15, **$23,** fresh.com

hair oil
Ojon Rare Blend Oil Total Hair Therapy, **$35,** ojon.com

body scrub
Barista Bath & Body One Lump or Two Body Scrub, **$28,** b3products.com

Senior Fashion Editor: Annebet Duvall. Hair: Luis Beltran at Ford Artists Miami for Redken. Makeup: Chris Newburg at Ford Artists Miami for Dior Beauty. Manicure: Champagne at Ford Artists for CND. Still Lifes: J Muckle/Studio D.

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LOOKING FIERCE

Seventeen joined forces with *Tyra Banks* to find the most Fiercely Real girls in America. Our winner, Jakaliene (who also scored a modeling contract with Wilhelmina!), and the three runners-up flaunt their fab figures in summer's most fearless trend: **BOLD COLOR!**

Find more issues at magazinesdownload.com

WINNER!

JAKALIENE, 21

“TO ME, *FIERCELY REAL* MEANS YOU’RE NOT ASHAMED OF YOUR CURVES, AND YOU WON’T LET *ANYBODY* BRING YOU DOWN.”

dress
Sizes S–2X, Poetrie,
$45, poetrie.com.
rhinestone necklace
Kenneth Cole.
small chain necklace
R.J. Graziano.
rings
Lulu’s.
belt
ADA Collection.
bracelets
Make Me Chic.

makeup Bobbi Brown Cosmetics Pot Rouge for Lips and Cheeks in Pale Pink, **$24,** bobbibrown.com

PHOTOS: CHRIS ECKERT/STUDIO D. SENIOR FASHION EDITOR: ANNEBET DUVALL. HAIR: JEANIE SYFU AT BA-REPS.COM FOR TRESEMMÉ HAIRCARE. MAKEUP: DAVID TIBOLLA AT CREATIVE MANAGEMENT MC2 FOR DIORSHOW.

JENN, 21

dress
Sizes 4–22, London Times,
$89, Bon-Ton.
earrings
Lulu's.
necklace
CC Skye.
belts
ADA Collection.

makeup
MAC Cosmetics Hey Sailor!
Lipglass in Riviera Life,
$16, maccosmetics.com

"EMBRACE YOUR BODY! CONFIDENCE WILL MAKE YOU HAPPIER THAN ANY DIET EVER WILL."

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"I NEVER THOUGHT I COULD BE A MODEL BECAUSE OF MY SIZE. BUT I WANT TO SET AN EXAMPLE TO GIRLS THAT THEY SHOULD FEEL GREAT IN THEIR SKIN!"

LAUREN, 18

dress
Sizes 1X–3X, Rainbow, **$18,** Rainbow stores and rainbowshops.com.
earrings
Urbanog.
belt
ADA Collection.
bangles
R.J. Graziano.
heels
L.A.M.B.

nails (hands) OPI Nail Lacquer in The "It" Color, **$9,** opi.com for salons; (feet) Essie Nail Color in Blanc, **$7,** drugstores



"LOOK IN THE MIRROR EVERY DAY AND TELL YOURSELF, 'I AM BEAUTIFUL—NOT JUST ON THE INSIDE, BUT THE OUTSIDE AS WELL.'"

BRIANA, 18

dress
Sizes 1X–3X, Fashion to Figure, **$28,** Fashion to Figure stores and fashiontofigure.com.
earrings
Lulu's.
black bangle
Ted Rossi.
black-and-white bangle
Sequin.
heels
Vince Camuto.

hair Redken Shine Flash 02 Glistening Mist, **$17,** redken.com for salons

PHOTOS: ANNA PALMA. FASHION STYLIST: BEAU QUILLIAN FOR CELESTINEAGENCY.COM. HAIR: OSCAR JAMES/KENBARBOZA.COM. MAKEUP: VALENTÉ FRAZIER/FIRE HOUSE MANAGEMENT. MANICURE: MYRDITH LEON-McCORMACK FOR DIOR VERNIS AT FACTORY DOWNTOWN.













#YOLO



















It's more than a Twitter trend: "You Only Live Once" is a way of life. This summer, it's time to swap "Maybe I will" for "I did!"

BY CLAUDINE KO

There are so many ways to psych yourself out of trying something adventurous. People will think I'm stupid. He'll just say no. It'll hurt like crazy. It seems just went for it? What if you squashed that annoying voice in your head and, instead, yourself that even if you *don't* nail something new the first time you try it—or even at all—at least you've got the guts to know you tried. Whether you're going for that huge dream you've always had or taking baby steps out of your comfort zone, use this summer to live your life to the fullest. The big secret is that it only takes a second to decide that you don't care what other people think, that you're stronger than a little rejection, that you'll vow to succeed at all costs —and on the other side is the amazing life you've always dreamed about. So what's *your* YOLO?











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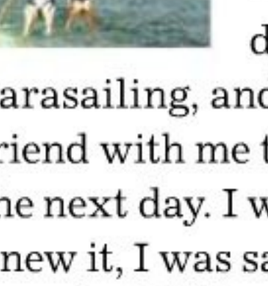


sky's the limit
"Guys at school made fun of me and said, 'Girls can't do that.' And I'd think, Watch me," says Waverly.

I learned to fly a plane!

I had tried different sports like basketball and cheerleading before, but I always felt like the odd one out. Then when I was 15, my dad's friend took me for a ride in his plane and let me take the wheel. Something in me clicked—it felt so natural. I wanted to learn how to fly *immediately*. But I was also intimidated—I was really young, and everyone told me only guys can be pilots. But a year later, I couldn't let it go, so I finally persuaded my parents to let me apply for my pilot's license.

I needed $15,000 to pay for the flight time, fuel, and fees, so I spent all my free time working—modeling or degreasing and washing planes at flight school. On weekends, my friends would party, and I'd be home studying aviation or doing practice flights at the airport. Two months after I started training, I flew solo. Even though I was prepared, it was scary—what if something went wrong? But being in the air felt so comfortable, and I realized flying was what I was meant to do! **–WAVERLY, 18, CARLSBAD, CA**



@Kelseymcgarvey My cousins dared me to do a backflip off our boat. I was scared, but I ended up landing on my feet. #YOLO

I faced my fear head-on!

I've been afraid of heights all my life. On amusement park rides, I'd feel sick to my stomach while my friends or family had fun. As I got older, I got tired of watching from the sidelines—I wanted to know what I was really capable of, but that nagging fear kept holding me back. One day, I was at the beach watching people parasailing, and I decided, Why not me? I dragged my friend with me to sign up, and we booked a spot for the next day. I was *so* nervous on the boat, but before I knew it, I was sailing up into the sky. I was shaking all over, but I felt empowered and so proud that I did it. I am in no way over my fear of heights, but not knowing how I would feel up in the air frightened me more than parasailing itself. Now I know I can handle that fear—it doesn't control me. **–CLARA, 21, PALISADES PARK, NJ**

@Chloeee143_ adding that hot guy on facebook because #YOLO

@nataliachavez24 That awkward moment when you want to tweet about the guy you like but then you realize his sister is following you. #ohwell #YOLO

@abstah02 didn't shave my legs and I'm wearing capris #YOLO

I stopped hiding behind my hair!

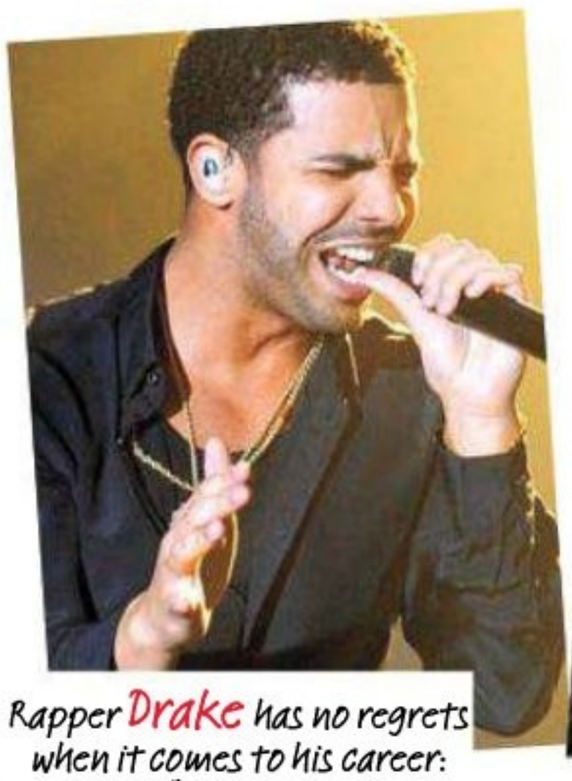
I've had hair to my waist my whole life. Everyone would say how pretty it was, but I've always *felt* more like a tomboy. Since kindergarten, I've known I was a lesbian—I wanted to come out but held back. I worried that my family would hate me—being gay was taboo to them. I had considered cutting my hair for a while, but I thought that without it, they'd see the real me, and I wasn't ready to be so exposed.

Being away at college gave me the push I needed—I wanted to be honest with myself, and with everyone else. In the salon, tears ran down my face as the hairstylist snipped away. Then she handed me my 12-inch long ponytail. It felt amazing! Now with my shorter hair, I feel more myself, more free. After I got it cut, I was able to tell my family about my sexuality. They've been so supportive, and I was finally able to accept that this is who I am on the inside *and* the outside. **–JODIE, 20, LONG BEACH, CA**

ALL REAL-GIRL PHOTOS: COURTESY OF REAL GIRLS.

celebs love

Hollywood's hottest stars use their "seize



Rapper Drake has no regrets when it comes to his career: He sings, "You only live once: That's the motto."



Selena Gomez sported a YOLO tee while filming Spring Breakers, where she tore up the town on her Vespa!

I broke a world record!

I first started mountain climbing when I was 9, after reading an article about a 14-year-old boy who had hiked all 50 US high points. I wanted to beat him! But by 12, I was still 10 states short of his record. Then I found out I could still be the youngest *female* to summit all 50. Along the way, I could also break the record for summitting the 48 in the continental US.

It wasn't easy. I tried to climb Washington's Mt. Rainier twice last July but was forced to turn back because of bad weather. The third time, I was freezing and exhausted, but I didn't want to live with that "could've, should've" feeling. I pushed on and finally made it to the top! As I stood on the peak, watching the sunrise reflect off the snow and clouds, I realized it's amazing what can happen if you don't give up.

In September 2011, after climbing Mt. Mansfield, in Vermont, where I grew up, I broke the first record—the previous record holder was older than me by less than a year!

My final climb will be this summer, Alaska's Mt. McKinley, North America's tallest peak. I had to miss out on some important things this spring while preparing: my last semester with my friends, graduation, the senior class trip. But when I reach the top of the mountain at 20,320 feet, it's all going to be worth it. ***–KRISTEN, 18, NORWICH, VT***



top of the world In July 2011, Kristen summited Mt. Rainier, 14,410 feet of glacial ice and volcanic rock.



@cheyenne The bravest thing I've done would be telling my best friend how I actually feel about him. **#YOLO**

@xchauvvinx1 #WhatILoveTheMost .. candle lit boat rides at one in the morning with your best friend, in a paddle boat, with chips and soda. **#YOLO**

@lisandraabby I would rather have a life of 'oh wells' than a life of 'what ifs' **#YOLO** :)

@murrdawg14 Dyeing my hair purple tonight **#YOLO**

I proved that popularity doesn't always matter!



Right before the end of my junior year, I decided to run for senior class president. I thought I was the only one running and my win was a sure thing. Then one of the most popular boys in school announced his intent to run. My heart stopped when I heard, and I almost dropped out of the race—I was so afraid of losing and making a fool out of myself. But I cared about our school and making senior year special for *everyone*. I decided I had to try. And just because he was all the clichéd stuff I'm not, like really good-looking and a star athlete, didn't mean he deserved it more than I did. So I ran. After a nerve-racking speech and a few stressful days waiting for the votes to be tallied, I won! I was so happy and excited that I beat the odds just by being me. ***–MICAELA, 19, SYRACUSE, NY***

YOLO FYI **YOLO is about being brave—not an excuse to do something stupid or dangerous. Ask yourself, "Will this be something I'll think back on and be proud of?" If not, skip it and wait for a *real* YOLO moment.**

#YOLO too!

the day" attitude to score major success.



Zac Efron has embraced YOLO so thoroughly, he had it tattoed as a reminder!

No one would accuse Kim Kardashian of not going for what she wants and she tweeted YOLO was her 2012 motto!

DRAKE: JOSEPH OKPAKO/GETTY IMAGES. EFRON: DAVE/SPLASH NEWS. GOMEZ: (MAIN) TALIO MIRISHA'S TWITTER; (INSET) INFPHOTO.COM. KARDASHIAN: KVS/PEDRO ANDRADE/PACIFIC COAST NEWS.

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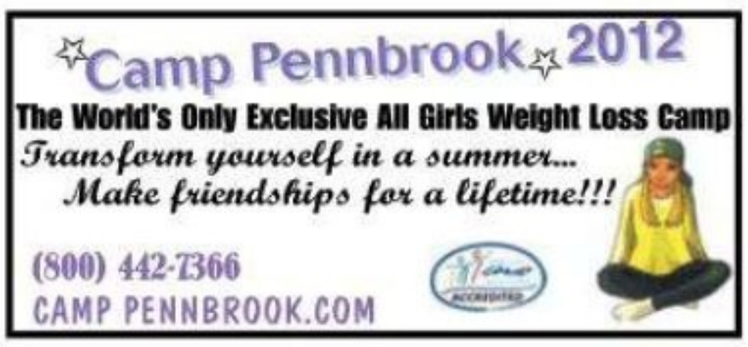
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Sweepstakes Rules

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HOW TO ENTER THE JUNE/JULY DAILY FREEBIES (pages 6 and 8): Minors must get permission to enter. Complete and submit the online entry form at **seventeen.com/freebies** beginning at 12:01 A.M. ET, June 1, 2012, through 11:59 P.M. ET, July 31, 2012. Daily sweepstakes will be held each day starting at 12:01 A.M. ET, and ending at 11:59 P.M. ET, for 61 days. Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

HOW TO ENTER THE $50,000 DREAM FUND SWEEPSTAKES AKA NEW CAR SWEEPSTAKES (page 25): Go to **seventeen.com/newcar**, and complete and submit the entry form pursuant to the on-screen instructions. Beginning November 1, 2011, at 12:01 A.M. ET, through January 31, 2014, at 11:59 P.M. ET. One (1) winner will receive $50,000. Odds of winning will depend upon the total number of eligible entries received. Must be 13 years or older and a legal resident of the 50 United States, District of Columbia, or Puerto Rico. Sweepstakes subject to complete Official Rules available at **seventeen.com/newcar**.

HOW TO ENTER THE JUNE/JULY FASHION TALK SWEEPSTAKES(page 46): Sponsored by Hearst Communications, Inc. Beginning May 15, 2012, at 12:01 A.M. ET, through July 2, 2012, at 11:59 P.M. ET, go to **seventeen.com/freebies**, and complete and submit the entry form pursuant to the on-screen instructions. One hundred (100) winners will receive one (1) Candy Store cosmetic pouch (approximate retail value: $20). Odds of winning will depend upon the total number of eligible entries received. Must be female, between the ages of 15 and 22, and a resident of the 50 United States, District of Columbia, or Canada. Void in Puerto Rico, Quebec Province, and where prohibited by law. Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

HOW TO ENTER THE CABANAGLAMA SWEEPSTAKES (page 68): Go to **seventeen.com/freebies** to enter, beginning May 22, 2012, at 12:01 A.M. ET, through July 2, 2012, at 11:59 P.M. ET, and complete and submit the entry form pursuant to the on-screen instructions. Two hundred (200) winners will each receive one (1) Benefit Cosmetics Cabana Glama (approximate retail value: $36). Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

HOW TO ENTER THE BACKSTAGE SWEEPSTAKES (page 68): Go to **seventeen.com/freebies** to enter, beginning May 22, 2012, at 12:01 A.M. ET, through July 2, 2012, at 11:59 P.M. ET, and complete and submit the entry form pursuant to the on-screen instructions. One hundred (100) winners will each receive one (1) JK Jemma Kidd Summer Essentials Backstage Kit (approximate retail value: $35). Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

HOW TO USE THE CONAIR COUPON (page 68): Bring this coupon to any Walmart, CVS, or HEB store, and receive $5 off your purchase of any one of the following You Line Hair Tools: YOU Wave Ultra—S7XR, YOU Big Waves—CD127X, or YOU Curl XL—CD123X. Limit one per customer (maximum total savings redeemable per customer is $5). Coupon is valid from May 15, 2012, to July 9, 2012. Coupon redemption paid by the manufacturer. Not valid if duplicated. Offer not valid at any online retailer or on **conair.com**. Void where prohibited.

HOW TO USE THE POPDUETTE DISCOUNT (page 68): Enter coupon code "POPDUETTE" at checkout to get 25 percent off one (1) POP Beauty Paint Duette in any shade. Discount is valid from May 15, 2012, to July 9, 2012, at **popbeautycosmetics.com**. Limit one discount coupon per purchase. Quantities limited.

HOW TO USE THE STILA COSMETICS DISCOUNT (page 68): Enter coupon code "17CRUSH" at checkout to get 20 percent off one (1) Stila Passion Fruit Crush Lip & Cheek Stain. Discount is valid from May 15, 2012, to July 9, 2012, at **stilacosmetics.com**. Limit one discount coupon per purchase. Quantities limited.

HOW TO USE THE WILLA SKINCARE DISCOUNT (page 68): Enter coupon code "WILLASPF" at checkout to get 20 percent off one (1) Willa Skincare Face the Day SPF 30. Discount is valid from May 15, 2012, to July 9, 2012, at **willaskincare.com**. Limit one discount coupon per purchase. Quantities limited.

HOW TO ENTER THE JUNE/JULY TEAM SEVENTEEN TRIP SWEEPSTAKES (page 91): Go to **seventeen.com/freebies** beginning at 12:01 A.M. ET, May 15, 2012, through 11:59 P.M. ET, July 2, 2012. One (1) winner will win the following prizes: A four-day, three-night trip to Los Angeles for two (2) people, awarded as two (2) coupon codes that can be used on Expedia (approximate retail value: $4,800) and a one-hour personal trainer session with celebrity trainer PJ Stahl (approximate retail value: $150) from Watch It Now Entertainment. Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies.**

HOW TO ENTER THE 100 DAYS OF SUMMER SWEEPSTAKES (pages 116–117): Beginning May 17, 2012, at 12:01 A.M. ET, through July 2, 2012, at 11:59 P.M. ET, go to **seventeen.com/freebies**, and complete and submit the entry form pursuant to the on-screen instructions, including the entry code. Fifty (50) winners will each receive one (1) copy of *The Land of Stories: The Wishing Spell* by Chris Colfer (approximate retail value: $18); the entry code is "COLFER." One hundred (100) winners will each receive one (1) copy of *Messy* by Heather Cocks and Jessica Morgan (approximate retail value: $18); the entry code is "MESSY." Twenty-five (25) winners will each receive one (1) copy of *Between the Lines* by Jodi Picoult and Samantha van Leer (approximate retail value: $20); the entry code is "PICOULT." Twenty-five (25) winners will each receive one (1) copy of the *Pretty Little Liars: The Complete Second Season* DVD set (approximate retail value: $60); the entry code is "PRETTY." Twenty-five (25) winners will each receive one (1) copy of the *Teen Wolf: The Complete Season One* DVD set (approximate retail value: $40); the entry code is "WOLF." Twenty-five (25) winners will each receive one (1) copy of the *Awkward: Season One* DVD set (approximate retail value: $20); the entry code is "AWKWARD." Twenty-five (25) winners will each receive one (1) copy of the *Beautiful Wave* DVD (approximate retail value: $25); the entry code is "WAVE." Twenty-five (25) winners will each receive one (1) copy of the *Jane by Design: Volume One* DVD set (approximate retail value: $30); the entry code is "JANE." Fifteen (15) winners will each receive one (1) year's supply of ice cream products from Breyers, defined as sixteen (16) coupons for Breyers products (approximate retail value: $65); the entry code is "BREYERS." Twenty-five (25) winners will each receive one (1) copy of Ke$ha's album, to be released in 2012 (approximate retail value: $13); the entry code is "KESHA." Twenty-five (25) winners will each receive one (1) bottle of Selena Gomez perfume (approximate retail value: $55); the entry code is "SELENA." One (1) winner will receive two (2) tickets to the Lollapalooza festival (approximate retail value: $460); the entry code is "CHICAGO." Transportation is not provided. Odds of winning will depend upon the total number of eligible entries received. Must be between the ages of 13 to 29 and a resident of the 50 United States, District of Columbia, or Canada. Void in Puerto Rico, Quebec Province, and where prohibited by law. Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

HOW TO ENTER THE BONNAROO TICKET SWEEPSTAKES (page 116): **NO PURCHASE NECESSARY TO ENTER OR WIN.** Sponsored by Hearst Communications, Inc. Beginning May 17, 2012, at 12:01 A.M. ET, through May 31, 2012, at 11:59 P.M. ET, go to **seventeen.com/freebies**, and complete and submit the entry form pursuant to the on-screen instructions, including the entry code. One (1) winner will receive two (2) tickets to the Bonnaroo Festival (approximate retail value: $520); the entry code is "BONNAROO." Transportation is not provided. Odds of winning will depend upon the total number of eligible entries received. Must be between the ages of 13 and 29 and a resident of the 50 United States, District of Columbia, or Canada. Void in Puerto Rico, Quebec Province, and where prohibited by law. Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

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TRAUMARAMA

Everyone has had humiliating moments.



Ashley Benson shows bra-baring Selena Gomez that true friends are Trauma-stoppers (even if they're a tad too late!).

boo-bee trapped

"I was at a water park with my friends, lounging in our chairs and feeling cute. Suddenly my friend turned to me and yelled, 'There's a bee on your boob!' I tried to shoo it away, but the bee flew farther into my bikini top! I freaked and flipped my top inside out, flashing a group of guys walking by. *Real* hot."



OFF THE DEEP END

"I tried to impress a super-hot lifeguard by doing a flip off the diving board. Instead, I slipped midflip and landed on my back in the water with a loud splat! My whole backside was red, and he was now staring for *all* the wrong reasons. I casually sat back down on my towel and died on the inside."

caught red-footed

facebook FAIL!

"I posted a pic of myself wearing crazy red onesie pj's in my friends' private FB group. Later, a ton of people, including my crush, messaged me about my pic—I had accidentally posted it to my wall! Some things are best kept *actually* private."

DIRTY LAUNDRY

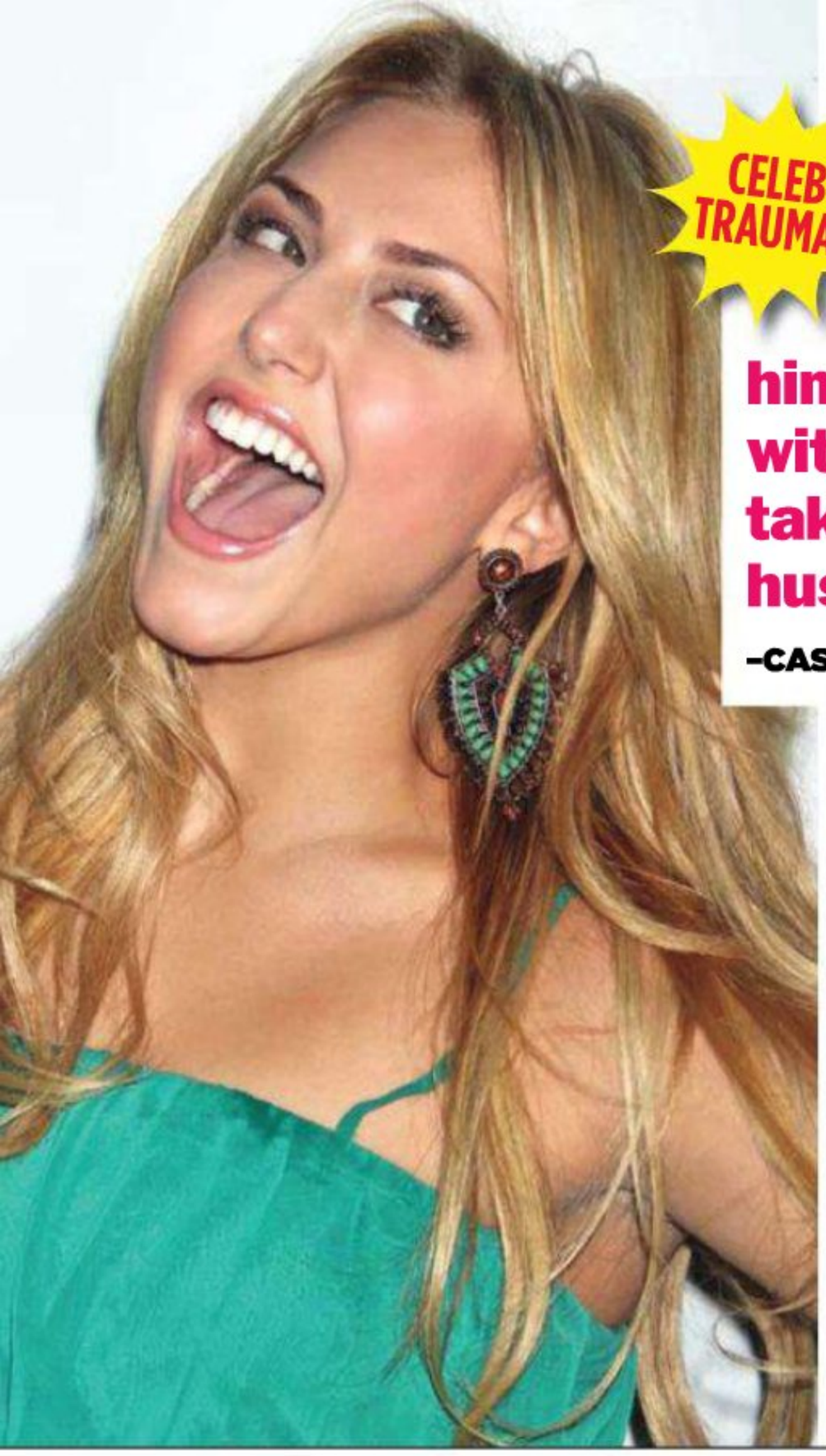
"Every week, our camp took us to the local laundromat. Our counselor yelled out, 'If you're ready for detergent, raise your hand.' I raised mine without thinking, holding my pair of frilly panties in the air! Everyone—crush included—just stared at me. I could never wear them again without reliving the *horror*."



TWAUMA #DidIreallyjust fart while sitting on my crush's lap? #seeyounever

SEVENTEEN.COM Read new traumas and submit yours at seventeen.com/dailytrauma.

GOMEZ: (MAIN AND INSET) MIAMIPIXX/SBMF/FAMEFLYNET PICTURES. BEE: GETTY IMAGES/DORLING KINDERSLEY. UNDERWEAR: MAXSTOCK/ALAMY.



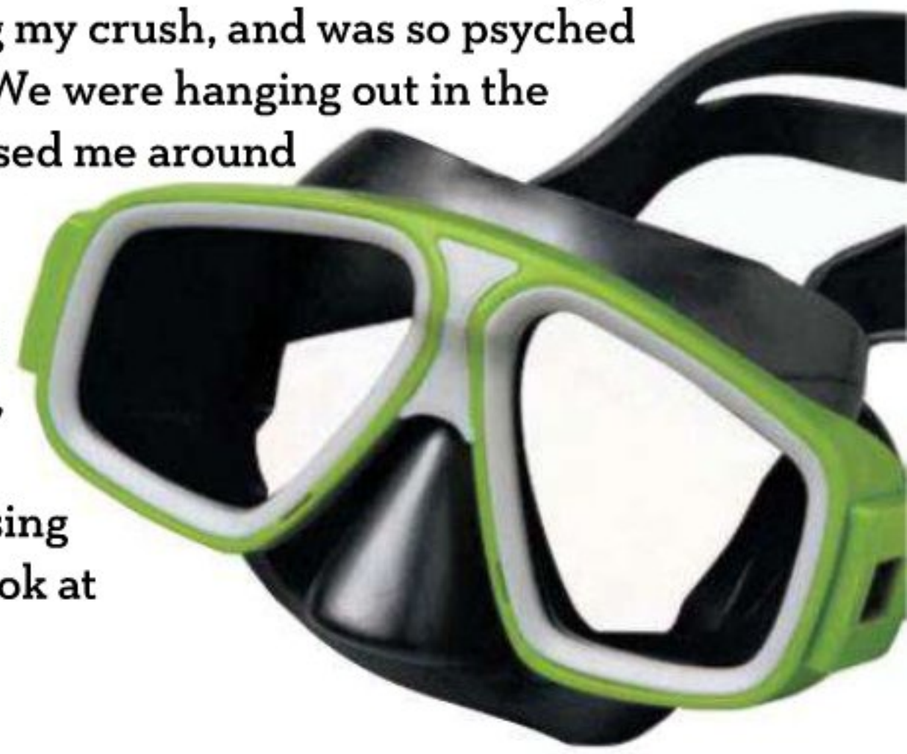
CELEB TRAUMA!

"I just got an iPhone, and autocorrect is not my friend. I was texting a guy and instead of calling him *hun*, I accidentally called him *hub* without noticing it. He responded, 'Wow, taking it fast, Cass, calling me your husband already?' *Super*-awkward."

–CASSIE SCERBO, *MAKE IT OR BREAK IT*

IN HOT WATER

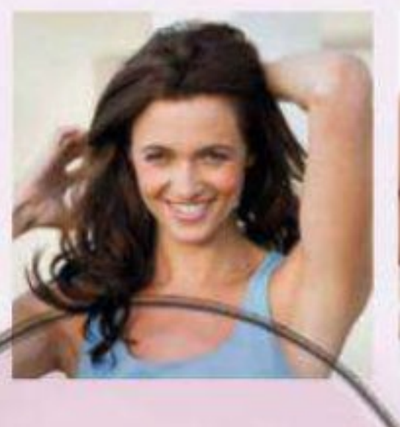
"I went on a beach vacay with some friends, including my crush, and was so psyched to show off my bikini body. We were hanging out in the water when a huge wave tossed me around and my bottoms came off! I waded a bit, trying to play it cool, but my crush came out of the water with goggles on, my bikini bottoms in hand, and said, 'I think you're missing something.' I could barely look at him the rest of the trip."





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wipeout

"My crush and I both surf, so when he asked me to surf with his hot friends . . . no-brainer! Afterward, he went to give us all high fives. I lunged forward, board under my arm, and accidentally hit him in the, er, *kahunas*. I lost my high-five privileges after that!"



SUPER SOAKER "My friends and I were laying out in a field, and my crush was standing a few feet away. We were exchanging flirty glances when suddenly, the sprinklers went off! We screamed and ran but had to run *back* in to get our stuff. My crush just cracked up. He was dry—I was mortified."

game, set, blush

AWK-AWARD

"My friend and I were playing tennis and our ball went over a fence. When I was hopping the fence to get it, my foot slipped and my bra caught on the fence! As I slipped down, everything (bra and shirt!) went over my head. I hung from the fence, boobs totally exposed, while my friend untangled me. Did I mention that this was a *public* tennis court?"



TWAUMA #DidIreallyjust Walk into a door and say sorry to it, thinking it was a person? #longday

SCERBO: RUSS EINHORN/SPLASH NEWS. GOGGLES: GETTY IMAGES/BRAND X. BALL: BILDAGENTUR-ONLINE/ALAMY.

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JUNE/JULY horoscope

by sally brompton

gemini

May 21–Jun 20 **JUNE:** Your BF has been *so* mopey lately, but your Gem sense of humor will snap him out of it on the 20th. **JULY:** On the 21st your crew will take the trip you've been craving all summer! Bonding time *and* a fresh scene? Perfect!

CANCER

Jun 21–Jul 22 **JUNE:** You're driving yourself nuts overthinking a prob, but on the 21st, a friend will plan a fun night to help you chill out. Ah! **JULY:** A clash with your crush near the 3rd will feel like the end of the world, but it will blow over fast.

LEO

Jul 23–Aug 22 **JUNE:** At an event on the 4th, you'll meet a cutie whom you'll click with instantly. Hello, summer fling! **JULY:** On the 15th, a friend may post something online that doesn't show you in the best light. After some damage control, all will be good.

VIRGO

Aug 23–Sep 22 **JUNE:** On the 27th, a hot guy from school will hint that he's into you, so keep your eyes and ears open! **JULY:** Until the 19th, the stars will make you seriously moody! Thankfully your friends know to steer clear when you're on the warpath!

libra

Sep 23–Oct 22 **JUNE:** You'll have to tap your peacemaking skills on the 5th after two girls in your group get into a fight. **JULY:** On the 5th, you'll play matchmaker for a friend. PS: You won't be a wingwoman for long. She'll return the favor soon!

scorpio

Oct 23–Nov 21 **JUNE:** Out of the blue, an ex will send you a mega-flirty text. Tempting! Luckily your BFF will remind you why you two broke up! **JULY:** When a friend asks for style advice on the 31st, you'll hit the mall and score great stuff for *both* of you!

SAGITTARIUS

Nov 22–Dec 21 **JUNE:** Your crush is into another girl, but you haven't been able to let go. On the 6th, you'll get the push you need to move on. **JULY:** On the 17th, you'll feel the urge to spread some nasty gossip, but it could come back to bite you!

CAPRICORN

Dec 22–Jan 19 **JUNE:** Your sked will be crazy-busy until the 25th, but after that, it's easy-breezy for the rest of the summer! **JULY:** When Mercury goes retrograde, it messes with texts, so if you don't hear from your crush on the 15th, don't freak!

AQUARIUS

Jan 20–Feb 18 **JUNE:** When the moon is new on the 19th, you'll get the urge to splurge! After acing finals, you deserve a treat! **JULY:** Hey, flirty girl! On the 31st, a sweet guy might take your fun and games to heart. Be careful or this could get messy!

PISCES

Feb 19–Mar 20 **JUNE:** Near the 4th, the stars will help you find the summer job you've been hoping for. **JULY:** On the the 13th, a guy who's not your usual type will chat you up. You'll be tempted to blow him off, but you two would be a great match!

aries

Mar 21–Apr 19 **JUNE:** You'll finally realize on the 11th why a friend has been avoiding you lately. (You may have to say sorry!) **JULY:** The stars will help you cope when your BF spills a secret on the 3rd. You two can get through this!

taurus

Apr 20–May 20 **JUNE:** Your crew's end-of-year party on the 21st will become the stuff of legend! Wait till you see the fun pics on FB! **JULY:** With your BFF's help on the 22nd, you'll be inspired to redo your room. The results will be major!

= GIRL TALK = HOT PARTIES = FLIRTY FUN = CRAZY DRAMA = AMAZING MAKEOVER

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